

DEPARTMENT OF HUMANITIES & SOCIAL SCIENCES

Programme: Ph. D

Course Title: Applied Psychology

Course Category: Pre-PhD Course Work

Course Code: HUT 719

Credits: 3 (L-3)

Semester: Odd/Even

Internal: 50 Marks

Theory: 50 Marks

Total: 100 Marks

Time: 3hrs

Course Objectives

To make the students aware of the applications of psychological concepts in various fields so that they understand the relevance of research in Applied Psychology.

UNIT 1

Positive Psychology: A historical and contextual overview; relationship between Indian Psychology and Positive Psychology; correlates and predictors of life satisfaction and subjective well-being across various cultures; latest researches on self-esteem, optimism, post-traumatic growth, positive ageing, character strengths.; major theories and models within positive psychology-self-determination theory, broaden-and-build theory, authentic happiness, psychological well-being; interpersonal character strengths & well-being. Specific coping approaches: meditation, yoga and spirituality; current issues and future directions in this area.

UNIT II

Cyber Psychology: Psychosocial aspects of cyber culture. Psychology of internet; current status of research and future directions in this area.

Industrial and organizational psychology: Introduction, nature Taylorism and scientific management; employment psychology and training; test of special abilities and personality assessment, attitudes, morale and adjustment; principles of psycho-technology and consumer psychology; communication and leadership in organization.

UNIT III

Personality: Meaning & assessment. psychoanalytic & neo-psychoanalytic approach; behavioural approach; cognitive approach; social- cognitive approach; humanistic approach; the traits approach; models of healthy personality: the notion of the mature person, the self-actualizing personality; personality disorders; psychotherapeutic techniques; personality in socio-cultural context.

UNIT IV

Cultural Psychology: Culture and perception – perception and experience cultural influence on visual perception; culture and cognition – culture, categorization and concept formation, culture and memory; culture and consciousness-culture and dreams, culture and time, culture and perception of pain; culture and intelligence–cross cultural research on intelligence, cultural differences.

Course Outcomes

At the end of the course, students will be able to identify how psychological principles are related to everyday life and applied to diverse behaviors. They will be able to understand the

importance of a positive work environment, need for healthy cyberspace, and understanding of cross-cultural psychological aspects.

Suggested Readings

1. Carr, A. (2004). *Positive Psychology*, New York, Brunner – Routledge Publication
2. Chandel, N.K.et al. (2015). *Psychological Implications of Information Technology*. New Delhi: Deep and Deep Publications
3. Dalal, A.K & Misra, G (2002). *New directions in Indian Psychology*. New Delhi: Sage Publication
4. Hall, Calvin S., Lindzey, Gardner, & Campbell. John B. (1998). *Theories of personality*. New York: John Wiley & Sons.
5. John, O.P., Robins, R.W., & Pervin, L.A. (2010). *Handbook of Personality: Theory and Research*. New York: The Guilford Press
6. Kloos, B., Hill, J. Thomas, E. Wandersman, A., & Dalton, J. (2012). *Community psychology: Linking individuals and communities (3rd ed)*. Belmont, CA: Wadsworth Cengage
7. Linley, P. Alex, Joseph Stephen, (2012). *Positive Psychology in Practice*. New York: John Wiley & Sons.
8. Matsumoto, D & Juang, L. (2004). *Culture and Psychology*. United States: Thomson Wadsworth.
9. Richard H. Cox. (2015). *Sport Psychology*. McGraw Hill.
10. Reich, S., Riemer, M., Prilleltensky, I., &Montero, M. (2007). *International Community Psychology: History and Theories*. Springer
11. Synder, C.R; & Lopez, S.J. (2002). *Handbook of Positive Psychology*. New York: Oxford University Press.
12. Seligman, M. & Joseph, S. (2004). *Positive Psychology in Practice*. Wiley.
13. Valsiner, J. (2007). *Foundations of cultural Psychology*. New Delhi: Sage publications
14. Weinberg, R. S. & Gould, D. (2007). *Foundations of Sport and Exercise Psychology (4th Edition)*. Champaign, IL: Humans Kinetics.