

**Ph.D Course Work**  
**Department of Psychology**  
**University of Lucknow**

**Program specific Outcomes**

The Ph.D course work program is aimed to prepare and nurture students for Research Methodology and its application in the area of Positive Psychology, Health Promotion, Disease prevention, HRM and Counselling for healthy living. These areas pertain to the contemporary issues in Psychology and its application in all walks of life. This formation of strong research background would go a long way in understanding of scientific research applications and benefits from a multidisciplinary perspective. Further this will help the scholar in developing an understanding about Psychology as a science and enabling the use of appropriate research methodology, selection of suitable research design, data collection method and data analysis techniques. This will enable the learner in critical evaluation of information, issues and assumptions. Ethical principles for research and practice will be taught. After completing the course work the researcher will gain insights into the implementation of qualitative and quantitative research process which has now emerged as the need of the hour.

**Program outcome:** After completion of coursework, students will be empowered to prepare a research proposal with sound methodology including the rationale of selecting the research problem, the variables, a suitable research design, measures, data collection and analysis methods Formation of strong research background and an understanding of scientific researches in various field of Psychology like Positive Psychology, Health Psychology, HRM and Counselling would enable them to choose the area of their interest for pursuing research work to be undertaken by them in near future with enthusiasm and passion.

## **Ph.D Course Work**

### **Paper I: Research Methods**

**Marks:70**

**Course Objective:** The objective of this paper is to enable the student to develop a strong base of Research Methods .Especially use of different statistical methods viz. ANOVA,POST HOC comparisons, factor analysis, Sub group analysis, SPSS etc. and report writing in APA format with plagiarism check has been laid the primary focus. Students will be imparted knowledge about both quantitative as well as qualitative research methods.

**Course Outcome:** Studying this paper will empower the students in developing an understanding about Psychology as a science and enabling the use of appropriate research methodology, selection of suitable research design, data collection method and data analysis techniques. This will enable the learner in critical evaluation of information, issues and assumptions. Analysis of both Qualitative and Quantitative data , Ethical principles for research and practices will be taught. The students will be able to understand the applications of Psychology in contemporary fields which have emerged as the need of hour, i.e. Computer application for research, report writing, APA references format and Plagiarism.

### **Unit I: Basic Research Issues**

- Principles of Research, Types of Research: Experimental, Descriptive, Correlational & Biological.
- Potential Research Problems and Solutions: Problems and Solutions of Researcher and Participants.
- Research Design and Variables: Review of Literature, Research Designs, MAXMINCON Principles, Formulation and Testing of Hypothesis, NHST.
- Selection of a Scientific Method: Hypothetico, Inductive and

Deductive Method, Submitting Study for Ethical Evaluation, APA Ethical Code

- Cultural Sensitivity and Diversity: Etic and Emic Approach, Selection of Suitable Measures for Measurement and Testing

## **Unit II: Data Collection and Sampling**

- Selection of a Suitable Measures: Psychometric, Nonmetric and Projective
- Adaptation of Tests, Construction of Scales, Issues and Concerns
- Selection of a Suitable Sampling Techniques: Rationale, Inclusion and Exclusion Criteria
- Reducing Error Variance: Techniques and Non

orthogonality

## **Unit III: Analysis and Interpretation**

- Analysis of Data Quantitative: Univariate, Bivariate and Multivariate Analysis, Effect Size and Meta-analysis, Qualitative Data: Discourse Analysis, Narrative Analysis and Grounded Theories
- Understanding Causality: Fixed and Random Effect, Main and Interactive Effect, One Way & Two-Way ANOVA, POST HOC Comparisons.
- Understanding Relationships: Correlations, Multiple Correlations, Step-Wise & Moderated Regression and Sub Group Analysis
- Factor Analysis: Explaining Variance-Generation Identification & classification of Factors, rotation and Factor Naming

## **Unit IV: Computer Application for research & Report Writing**

- Data Analysis with SPSS: Descriptive and Inferential
- Interpreting Causality and Variance
- Report Writing
- APA References and Plagiarism

**Internal Assessment Marks 30**

## **Books Recommended**

- APA (VI Edition) for Report Writing
- APA Manual for Conducting Research on Human Participants
- Anastasi A. & Urbina S. (2003). Psychological Testing, New Delhi, Prentice Hall of India Pvt. Ltd.
- Aronson. A. & Ellsworth D.C, Carlsmith, J.M., Gonzales, M.I, (1990). Methods of Research in Social Psychology. Mcgraw Hill International Edition
- Breakwell, G.M., Hammond, S & Schow, C.F (Edited) (1995). Research Methods in Psychology. Sage Publications
- Davey, Adam & Sarla Jyoti (2010). Statistical Power Analysis with Missing Data: A Structural Equation Modelling Approach. Routledge, Taylor & Francis, New York
- Ebnes, D.G., Kantowitz, B.M. Roediger, H.L. (1989) Research Methods in Psychology. West Publishing Company
- Edwards, A.L. (1972). Experimental Design in Psychological Research. N.Y. Holt Rinehart & Winston
- Field Andy (2000). Discovering Statistics Using SPSS for Windows. Sage Publications
- Garrett, H.E. (1961). Statistics in Psychology and Education, Bombay, Allied Pacific Pvt Ltd

## **Paper II: Applications of Psychology**

**Marks:70**

**Course objective:** The course of Pre Ph.D. program in Psychology aims at providing knowledge to students through teaching of those topics which are at par with the current issues pertaining to our society and community. The objective is to challenge their thought process, develop critical thinking and enable them to understand the whole perspective of any pertinent issue. It has special focus on some extremely contemporary and applied areas in Psychology such as creating well-being through indigenous methods, generating indicators of happiness, influence of culture on beliefs, value erosion in society health promotion and disease prevention, dealing with people with disability, practices of Human Resource Management (HRM) and counselling for healthy living.

**Course Outcome:** Study of this course will enable the students to gain insights on the applications of Psychology in diverse fields, empower them to generate research questions, the answer of which may be explored by subsequent research work to be carried out by them. This will enable them to design a research interwoven with diverse applications of Psychology having relevance in the present scenario.

### **Unit I: Creating Well-being with Positive Psychology**

- Generating Indicators of Happiness
- Exploring the Belief System in Cultural framework
- Creating Well-being with Yoga and Meditation
- Erosion of Values in Society

### **Unit II: Health Promotion and Disease Prevention**

- Stress: Three Phases, Sources and Coping
- HPA Axis and Lifestyle Diseases: Obesity, Anger, Addiction, Sedentary Lifestyle Stress and Immune System and Life threatening Illness: Cancer, HIV AIDS, Cardiovascular Disease, pain Management
- Creating Healthy Living

### **Unit III: Human Resource Management**

- Human Resources: Concept, Skills and Enhancing factors
- Personal and Organizational Goals, Growth and Incentives
- Effective Manager, Undoing and Blockage
- Communication, Negotiation and Conflict Resolution

### **Unit IV: Counselling for healthy living**

- Counselling as a Helping Profession: Counselling process, Ethical Issues, Mind Skills, Communication Skills and People Handling Skills
- Counselling in Diverse Populations: Schools and Colleges, Skill Building, Study Skills, Dealing with Problems of Children and Adolescents, Working with families and Relationship Conflicts, Dealing with Problems of Elderly
- Employee Counselling: Dealing with Organizational and Employee problems, Working with Negative life Events
- Socially excluded groups: marginalized Destitute, Orphans, Delinquents, Criminals, PWD's (Persons with Disability)

### **Internal Assessment Marks 30**

#### **Books Recommended**

- Deb. T. (2006). Strategic Approach to Human Resource Management Concept, tools and Applications. Atlantic Publishers
- Nelson. J.R. (2008). Introduction to Counselling Skills. SAGE Publishers
- Rathus, S.A. & Nevid. J.S. (1999). Adjustment and Growth (7<sup>th</sup> Ed.). Hartcut Brace College
- Robbins. S.P. (1998). Organizational Behaviour (9<sup>th</sup> Ed). Pearson Education. Asia
- Snyder, C. R., & Lopez, S. J. (2009). Positive Psychology: A Scientific and Straub R.O. (2001). Health Psychology. Worth Publishers
- Swanson R.A. Holtan, III, E.F. (2009). Foundations of HRD. BK Publications
- Weiton, W & Llyod, M.A (1997). Psychology Applied to Modern Life (5<sup>th</sup> Ed). Brooks & Cole Publishing Co