

**Tamil Nadu Public Service Commission**  
**Syllabus**  
**Social Work, Sociology and Psychology**  
**(PG Degree Standard)**

**Code: 558**

**Unit I: Introduction to Sociology and Sociological Theories (20 Questions)**

Definition and Origin of Sociology, Nature and Scope of Sociology, Relationship of Sociology with other Social Sciences. Basic Concepts – Society, Community, Institution, Association, Socialization, Status and Roles, Social Processes, Social Change, Social control. Sociological Theories – Auguste Comte: Law of three stages – Hierarchy of Sciences – Social Statics and Dynamics – Positivism – Herbert Spencer: Theory of Evolution – Organic Analogy – Emile Durkheim: Social Facts – Division of Labour – Theory of Suicide – Max Weber: Social Action – Ideal Type – Bureaucracy – Protestant Ethic and Spirit of Capitalism - Karl Marx: Historical Materialism, Alienation, Class Struggle.

**Unit II: Urban Sociology and Contemporary Issues (20 Questions)**

Definition – Nature and Scope – Importance of Urban Sociology – Town, City, Metropolitan, Urban Growth, Sub-Urban, Urban Agglomeration, Urbanization, Urbanism, Urban Processes (Invasion, Succession, Concentration, Centralization and Segregation) – Urban Sociological theories – Sector theory, Concentric Zone Theory, Multiple Nuclei theory – Classical Perspectives on Urban Sociology – Simmel, Weber, Mumford – Chicago School: Louis Wirth, Robert E. Park, Ernst W. Burgess, Herbert Gans, New Urban Sociology: Henri Lefebvre, David Harvey, Manuel Castells. **Contemporary Issues:** Problems in implementing land reforms – Waste Management in the Present Scenario – Way towards Sustainable cities and Communities (SDG 11) – Addressing the hurdles in Providing Clean Water and Sanitation (SDG 6).

**Unit III: Sociology of Socially Excluded and Contribution of Indian Social Reformers (20 Questions)**

Social Exclusion – Meaning, Definition, Features: Groups at the risk of being excluded; Three Paradigms of Social exclusion (Solidarity, Specialization and Monopoly): Agents, Forces and Processes – Globalization, International Organizations, Nation, States, Elites, Excluded Groups and Individuals - Culture of Marginalized Communities – SC, ST, Nomadic Castes and Tribes and Denotified Tribes, Social Construction of Gender – Dimensions of Discrimination on Women, Inequalities and Deprivation on Women, Trans-Gender, Religious Minorities, Differently abled, Aged, HIV/AIDS, Constitutional Provision, Implementation and Impact on Marginalized. **Contribution of Indian Social Reformers:** Contribution of Mahatma Gandhi, Bharathiar, EVR Periyar, Anne Besant, Raja Ram Mohan Rai, Jyotiba Phule, Savitri Phule, Muthulakshmi, Ambedkar, Mother Teresa.

**Unit IV: Introduction to Social Work (20 Questions)**

Social Work - Definition, Difference between Social Service and Social Work, Objectives, Characteristics of Professional Social Work, Principles, Philosophy, Fields of Social Work, Professional Code of Ethics. Basic Concepts – Social Welfare, Social Development, Social Change, Social Action, Social Exclusion, Social Justice. Socio-religious movements and their contribution to Social Work. Practice Approaches – Remedial, Rehabilitation, Preventive and Promotive. **Perspectives of Social Work:** Welfare to Development Approach to Rights based and People Centric Approach, Solution based and Strength Based Perspective. Social Work Ideologies: Socialism, Marxism, Ambedkarism, Periyarism and Gandhian Thought.

## **Unit V: Direct Methods of Social Work: Social Case Work (20 Questions)**

Definition, Principles, Components of Social Case Work, Case Work Relationship, Sympathy & Empathy, Social Case Work Process, Transference and Counter Transference, Social Case Work Skills – Home Visits, Observation, Interviews, Collateral Contacts, Models – Functional, Psycho-social, Problem Solving, Life Model, Crisis Intervention, Family Centred Approach and Eco-System Approach. Recording in Social Case Work. **Social Group Work:** Definition, Principles, Social Group Work Phases, Group Dynamics, Stages in Group Development, Use of Sociometry. Group Work Models: Reciprocal model, Types of Recording in Group Work. **Community Organisation** – Definition, Principles, Goals, Scope, Community as a Social System, Subsystems, Types and Characteristics of Community Power Structure and Community Dynamics. Community organisation Models and Approaches. Strategies – Networking, Capacity Building, Coordination, Collaboration.

## **Unit VI: Indirect Methods of Social Work (20 Questions)**

Social Action: Definition, Principles Paradigm of five elements, cause, change agent, change target, change channel, change strategy, Tactics for Social Action, Models and Approaches to Social Action, Paulo Freire, Martin Luther King, Saul Alinsky. Social Movements in India – Definition, Objectives and types of Social Movements. **Social Welfare Administration:** Definition, Principles – Budgeting, Accounting, Book keeping, Fund Raising – Office Administration and Management, Maintenance of Records – Supervision, Evaluation and Public Relations, Central Social Welfare Board, State Social Welfare Board, Tamil Nadu Societies Registration Act (1975) The Indian Trust Act (1882) – Foreign Contribution Regulation Act (1975) Amendment (2024) – Project Proposal writing – Implementing Monitoring and Evaluation. Social Audit, Gender Audit and Gender Budgeting. **Social Work Research:** Definition - Variables, Types of Research Design, Hypothesis, Random and Non-random sampling tools for data collection – Data Processing – Classification and Coding Tabulation, Analysis And Interpretation – Research Report Writing.

## **Unit VII: Basics of Psychology and Developmental Perspective (20 Questions)**

Definition, Meaning and Scope, Psychological process of understanding behaviour, Intelligence, Sensation, Perception, learning, Memory, Personality, Motivation, Attitude and Emotion. **Developmental Perspective:** Life span, Phases of human growth and development (Erik Erikson and Freud) influence of Heredity and Environment, Prenatal, Infancy, Childhood and Adolescence – Characteristics, Hazards, Developmental tasks, Physical, Cognitive, Social, Emotional and Moral Development. Adulthood, Middle age and Old age – Characteristics, Developmental tasks, Vocational and Marital adjustment, Hazards, Physical, Emotional and Social changes- Graceful ageing, Death and adjustment and their impact on behaviour.

## **Unit VIII: Health, Wellbeing and Rehabilitation Psychology (20 Questions)**

Health Psychology: Factors influencing health, Model and theories of Health, Psychological approaches to health, Health enhancing behaviour – Eating behaviour and health, maintaining healthy weight, Healthy relationship – sexuality, Intimacy, Communication and Anger. Health compromising behaviour – smoking – Tobacco – Alcohol and its biological, psychological and social effect, use and abuse and related damage to health, intervention and therapies. Stress and coping – Types of stressors, Theories of stress, Types of coping, Stress Management techniques. **Rehabilitation Psychology:** Rehabilitation Psychology, Function of Rehabilitation Psychology. Assessment, Diagnosis, Treatment and Certification. Working with families of persons with disabilities. Models of Rehabilitation – Medical model – Psychological model – Socio-Cultural model – Institutional model – Community Based Rehabilitation. Designing training Programmes for

Rehabilitation Professionals. Use of Psychological test in screening, diagnosis and assessment of persons with disabilities.

### **Unit IX: Psychopathology and Counselling (20 Questions)**

Concept of Mental Health – Models of Mental Health - Mental Disorders – Classification based on ICD 11 - Organic Disorders – Disorders of Childhood and Adolescence, Neurotic Disorders - Anxiety, Trauma, Stress related and Somatoform disorders, Disorders of Adult Personality, Assessment – Clinical interviews, Case history, Clinical observations and MMSE. Tests – Intelligence, Neuropsychological testing, Developmental and Educational testing – Ethics in Clinical Practice. **Counselling:** Counselling, Origin, Scope and Structure, Steps in Counselling, Factors affecting Counselling process, Skills for an effective Counsellor– Types of Counselling - Individual Counselling, Group Counselling – Nature, Scope and Limitations, School and Vocational Counselling – Counselling in specific areas – Families, Marriage, Women, Substance abuse and other vulnerable groups

### **Unit X: Social Legislations and Social Welfare Programmes (20 Questions)**

**Legislations related to Children:** Protection of Children from Sexual Offences Act (2012) - Prohibition of Child Marriage Act (2006) - Right of Children to Free and Compulsory Education Act (2009) - Child Labour (Prohibition and Regulation Act) 1986 and Amendment - Juvenile Justice Care and Protection of Children Act (2015) and amendment. **Legislations related to Differently Abled:** Rights of Persons with Disability Act (2016) - Mental Health Act (2007) Rehabilitation Council of India Act (1992). **Legislations related to Women:** Domestic Violence Act (2005) - Dowry Prohibition Act (1961) and Amendment (1986) - Prevention of Sexual Harassment of Women at Workplace Act (2013) - Medical Termination of Pregnancy Act (1971) - Immoral Traffic Prevention Act (1956). **Legislations related to vulnerable groups:** Welfare of Parents and Senior Citizens Act (2007) - Right to Fair Compensation, Resettlement and Rehabilitation Act (2013) - Bonded Labour System (Abolition) Act 2005 - The Unorganised Workers Social Security Act (2008) - The SC/ST (Prevention of Atrocities) Act – 1989 Act Amendment (2015) Act - Protection of Human Rights Act (1993). Tamil Nadu Protection of tanks and eviction of encroachment Act (2007). Social Welfare Programmes and Schemes of State and Central Government.

Dated: 17.04.2025