

Tamil Nadu Public Service Commission
Syllabus
Psychology
(PG Degree Standard)

Code : 372

Unit I: Developmental Psychology (20 Questions)

Prenatal, Infancy, Childhood – Characteristics, Periods, Hazards, Developmental Tasks. Physical, Cognitive, Social, Emotional, Moral Development.

Adolescences - Characteristics, Hazards, Developmental Tasks, Physical, Cognitive, Social, Emotional, Moral Development

Adulthood - Characteristics, Developmental Tasks, Vocational & Marital Adjustment, Hazards, Physical, Emotional and Social Changes.

Middle age - Characteristics, Developmental Tasks, Vocational & Marital Adjustment, Hazards, Physical, Emotional and Social Changes.

Old age - Characteristics, Developmental Tasks, Hazards, Physical, Emotional and Social Changes, Graceful Aging and Death and Adjustments.

Unit II: Personality: Theories and Applications (20 Questions)

Personality - Definition, Levels of Personality Analysis, Sources of Personality Data, Role of Personality Theory, Personality Assessments

Approaches - Psychodynamic, Dispositional, Biological, Intra-psychic, Cognitive, Experiential, Social and Cultural. Eastern Perspective – Yoga and Hindu Tradition, Zen Buddhism, Sufism and Islamic Tradition. Applications of Various approaches of Personality.

Unit III: Bio Psychology (10 Questions)

Introduction to Neuron and Nervous System – Brain and its functions – Endocrine Glands – Characteristics, Major Endocrine glands, Hormone Characteristics and Functions. State of Consciousness. Physiology of Motivation and Emotions. Research Methods in Bio Psychology.

Unit IV: Cognitive Psychology (20 Questions)

Cognitive Psychology - Nature, History, Cognitive Neuro Science and Applications – Perception - Definition, Nature & Theories. Attention – Processing Capacity in Selective Attention, Models of Selective attention. Pattern Recognition and Consciousness. Memory Structure and Processes – Types and Process of Memory, Theories of neurocognition. Mental Representation – Models, Mental Imagery - and Cognitive Psychology, Cognitive maps, Storing and Retrieval, Theories of retrieval, Forgetting, Cognitive Development - Life Span Development and Theories.

Unit V: Advanced Social Psychology (20 Questions)

Social Psychology – Definition, Perspectives, Social Perception, Social Cognition, Attitudes, Social Identity, Prejudice - Causes and Effects. Interpersonal Attraction - Close relationships, Social Influence, Pro Social Behaviour, Aggression – Nature, cause and control, Groups and Individual behaviour. Social Psychology in Action.

Unit VI: Health Psychology (20 Questions)

Health Psychology – Definition & Scope. Historical Perspective on health & healing. Factors influencing Health. General approaches to health – Models and theories of health, Psychological approaches to health. Health enhancing behaviour - Eating behaviour &

health, Maintaining healthy weight, Healthy relationships – Sexuality, Intimacy, Communication, Anger.

Health compromising behaviour- Smoking –Tobacco and its biological & psychological effects, Tobacco related damage to health, quitting smoking and related therapies.

Alcohol – biological and social effect, Use and abuse, Interventions for alcoholism. Stress and Coping – Types of stressors, Theories of stress, types of coping, stress management techniques. Cardiovascular Disease , Psychoneuroimmunology.

Unit VII: Psychopathology (30 Questions)

Mental disorders – Models, Diagnostic classification system. Theoretical approaches of Psychopathology. Assessment – Clinical interviews, MSE, MMSE, Case history, Clinical observations. Tests- Intelligence, Neuropsychological testing, Developmental and Educational testing – Organic disorders – Disorders of childhood and adolescence, Anxiety, Trauma, Stress related and Somatoform disorders, Disorders of adult personality, gender and behaviour -Impulse control disorder, Substance use and addictive disorder, Sexual dysfunctions, Mood- Disorder, Schizophrenia and other psychotic disorder. Ethics in clinical practice.

Unit VIII: Organizational Behaviour and Human Resource Management (10 Questions)

Organizational Behaviour- Definition, Nature & scope, Approaches. Perception, Attitude, Learning, Attribution, Motivation – Definition, theories and applications in organizations. Communication, Leadership and theories, Change process. Group and Teams, Conflict process, Power and politics.

Human Resource Management – Definition, Nature and Scope, Human Resource Planning, Job Analysis, Recruitment, Selection and Placement Compensation, Performance and Management, Training and Development, Grievance, Discipline and Risk Management, Recent Trends in Human Resource Practices.

Unit IX: Counselling and Therapy (30 Questions)

Counselling – Origin, Scope and Structure – Steps in Counselling - Factors affecting counselling process, Skills for an effective counsellor –Factors of Counsellee – Early Theories of Counselling - Contemporary Theories of Counselling, Individual Counselling - Nature, Process and Benefits, Group Counselling – Nature, Scope and Limitations – School Counselling - Nature Role of Teacher, School Counsellor, Counselling and School Curriculum, Vocational Counselling - Theories, Process, Counselling in Specific areas – Family, Marriage, Women, Weaker Section, drug addicts, Delinquents – Review of Counselling - Counselling Evaluation, Monitoring, Evaluation - Approaches, Types, Techniques.

Unit X: Research Methodology (20 Questions)

Research - Objectives, Types, Significance, Steps in research process, Ethics in Research.

Research problem – Review of literature, Measurement, Variables and Hypothesis, Sampling techniques – Non experimental Method – Observational Research, Interviewing, Focus groups, Survey, Case study. Experimental Method – Single factor design, Factorial Design, Standardization of psychological test. Parametric and Non-Parametric statistics. Qualitative Research Methods and analysis. Reporting research in Psychology.

Dated : 18.02.2025