



P.G.DEPARTMENT OF PSYCHOLOGY
UNIVERSITY OF KASHMIR
NAAC ACCREDITED GRADE 'A++'

**Entrance Test Syllabus for Admission in M.A. (Psychology) 2-Year PG
Programme (2026 and Onwards)**

**The entrance syllabus contains three years (six semesters), NEP 2020,
Graduation syllabus and contains Twelve (12) units.**

UNIT-I:

- a) Origin and Development of Psychology: Greek, Roman, Middle Ages, renaissance and modern psychology.
- b) Schools of psychology: Structuralism, Functionalism, Behaviourism and Psychoanalysis.
- c) Perspectives in psychology: Cognitive, Humanistic & Socio-cultural.
- d) Evolution of Experimental Psychology: Types of experiments Methods (Experimental & Quasi-Experimental).
- e) Experiment conduction skills.

UNIT-II

- a) The experimental research method (Random and non-random assignment).
- b) T-test & Effect Size.
- c) Laws of psychophysics: Weber, Fechner & Steven's laws.
- d) Cognitive & Perceptual Processes.
- e) Colour Vision.

UNIT-III

- a) Conscious Awareness: Neuropsychology and Psychophysics.
- b) Language Acquisition.
- c) Metacognition.
- d) Attention (types), Learning & Memory.
- e) Motivation, Emotion, Intelligence Theories (Spearman, Gardner & Sternberg).

UNIT-IV

- a) Historical developments in Social Psychology with special reference to Indian Context,
- b) Approaches towards understanding social behavior, Individual level processes (Person perception) and Interpersonal processes (Interpersonal attraction, Prosocial behavior, aggression)
- c) Attitude: Formation, Change and Resistance to change.
- d) Attribution biases and errors, Attribution Theories (Heider, Jones & Davis and

Kelly).

- e) Groupdynamics, Cooperation & Conflict, Group Decision Making.

UNIT-V

- a) Nature & determinants of Personality.
- b) Theories of Personality (Allport, Freud and McCrae & Costa).
- c) Nature and criteria of abnormality.
- d) Classification system (DSM-V).
- e) Perspectives of psychological disorders: Psychoanalytic, Biological, Behavioral, and Cognitive.

UNIT-VI

- a) Diagnostic Criteria, Casual factors and Treatment: Anxiety disorders(GAD, Specific Phobias, Social Phobias, Panic Disorder, Agoraphobia, Separation Anxiety Disorder, Selective Mutism.
- b) Diagnostic Criteria, Casual factors and Treatment: Eating Disorders (Anorexia Nervosa, Bulimia Nervosa, Binge Eating).
- c) Diagnostic Criteria, Casual factors and Treatment: Substance Related Disorders (Alcohol Related, Stimulant Related-Amphetamine and Cocaine; Cannabis Related).
- d) Diagnostic criteria, Casual factors and Treatment of childhood disorders: ADHD, Autism Spectrum Disorder, Elimination disorders.

UNIT-VII

- a) Origins of Behavioral Neuroscience.
- b) Structure and Functions of the Nervous System.
- c) Neuroplasticity of Brain, Hemispheric specialization.
- d) Sensory Systems: Vision and Audition.
- e) Sleep and Biological Rythms.

UNIT-VIII

- a) Hormones and Behavior.
- b) Structure, and functions of Neuroendocrine glands.
- c) Neurocognitive Disorders and Neuro-developmental Disorders
- d) Developmental Psychology: History and major theoretical Perspectives.
- e) Biological, Physical, cognitive, socio-emotional and moral Development.

UNIT-IX

- a) Meaning and Historical development of community psychology.
- b) Models of community Psychology: Mental Health, Social Action, Organizational, ecological and Asset-Based Community Development.

- c) Role of community psychologist.
- d) Psycho-Social Indicators (psychological differentiation, Alcoholism & drug dependence, Sexual harassment & violence).

UNIT-X

- a) Health Psychology: Historical development and major models (Biomedical and bio-psychosocial model, health belief model).
- b) Components of Health: Physical, emotional, and cognitive.
- c) Health management techniques: Self-monitoring and Modeling.
- d) Health enhancing behaviour: Exercise and Weight control.
- e) Stress: Management Techniques and Coping.

UNIT-XI

- a) Positive Psychology: Historical background, key theories.
- b) Positive Traits and Character Strengths: VIA Classification, optimism and Resilience. Social connections, positive communication, community and well-being.
- c) Interventions in positive psychology: Mindfulness, gratitude, positive education.
- d) Counselling Psychology: Historical evolution, approaches and ethical concerns and Counselling skills.
- e) Psychotherapeutics: History, facilitators and barriers to effective psychotherapy. Major Psychotherapies (Psychoanalytic, existential, gestalt, Adlerian and dialectical behavior therapy).

UNIT-XII

- a) Organizational Behavior: History and approaches, Theories of organizational behavior (Fayol, Taylor, Weber and Mayo).
- b) Motivation (Content & Process Theories).
- c) Decision making (Herbert Simon Model, Great man theory).
- d) Sustainable business practices, Global Marketplace, Flattening world.
- e) Organizational Change & Organizational Development.