



St. Mira's College for Girls, Pune
(TYBA 2022-2025)

Psychology
Research Methodology
[Discipline Specific Course]

Semester: V	Credits: 4*	Subject Code: A52218	Lectures: 48
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Course Outcomes:

At the end of the course, the learner will be able to :

- Describe the concepts, steps and methodology of qualitative and quantitative researches
- Practice ethics in research
- Apply basic functions of softwares to analyze and interpret data of social scientific researches
- Create a research project

Unit 1: Social Scientific Research

08

- Meaning, characteristics and philosophies of research
- Types of research
- Research Process : An 8 step model
- Research ethics and plagiarism

Unit 2: Quantitative Methodology

20

- Research problem and Variables
 - Formulating a research problem- Importance, Sources, Steps, Considerations
 - Identifying variables and types of variables
- Hypothesis and Research design
 - Function and characteristics of hypothesis
 - Types of hypothesis
 - Functions and criteria of research designs
 - Types of research designs
- Sampling
 - Concept and principles of sampling
 - Factors affecting inferences drawn from samples
 - Types of probability and non probability sampling methods
- Data analysis and reporting-Introduction to SPSS, Using SPSS for practical purpose (Practical Assignments)

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Unit 3: Qualitative Methodology	20
<ul style="list-style-type: none"> ● Nature of qualitative research <ul style="list-style-type: none"> ○ Features ○ Steps in qualitative research ○ Main preoccupations of qualitative researcher ○ Contrast between quantitative and qualitative methodology ● Positivism and critique of positivism <ul style="list-style-type: none"> ○ Feminist methodology ● Methods of data collection <ul style="list-style-type: none"> ○ Participatory Action research ○ Visual analysis ● Qualitative data analysis <ul style="list-style-type: none"> ○ Analytical induction ○ Grounded theory ○ Coding ○ Steps of interpretation ○ Use of Computers in qualitative research ● Report writing 	

12 hours for Library work, practical or field work or research purposes

- Types of research designs- based on number of contacts, based on reference period, based on nature of investigation
- Types of measurement scales
- Types of variables- based on causal relation, design of the study, unit of measurement
- Writing a Research report -Purpose, Structure and Format- APA conventions

*** Semester V and VI - DSE 3+1 = One credit is for Research Project/field visit/ or any other subject centric activities to be taken by the students in consultation with the concerned teacher.**

Recommended Text Books:

- Kumar .R. (2014). *Research Methodology – A Step by Step Guide for Beginner's* (4th Ed) Pearson Education, India.
- Singh.A.K. (2004) *Tests, Measurements and Research Methods in Behavioural Sciences* (3rd Ed), BhartiBhavan Publishers, Patna.
- Misra, S.B. & Alok, S.(2017). *Handbook of Research Methodology*. Educreation ISBN: 978-1-5457-0340-3
- Henne Et.al (2009): *A Critical Introduction to Social Research*. Sage, NY.
- Sarantakos S.: *Social Research*, Macmillan Press, Uk. 1998.
- Bryman Alan. *Social Research Methods*, Oxford University Press, UK, 2001
- Mukherjee ParthaNath (2000): *Methodology in Social Research*, Sage, N. Delhi

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Reference Books:

- McBurney.D.H.(2002) *Research Methods* (5th Ed) Thomsun Woodworth , Bangalore.
- Somekh and Lewin (2005): *Research Methods in the Social Sciences*, Vistaar, N.
- Denzin Norman, Lincoln Yvonna (ed) (2000): *Handbook of Qualitative Research*, Sage: Thousand Oaks.

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Psychology
Counseling Psychology and Emerging Trends
[Discipline Specific Course]

Semester: VI	Credits: 4*	Subject Code: A62218	Lectures: 48
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Course Outcomes:

At the end of this course, the learner will be able to:

- Describe the meaning, nature, and process of Counselling
- Discuss the historical context and theoretical approaches of Counselling
- Apply ethics related to the practice of Counselling
- Demonstrate Culturally Competent Skills of Counselling
- Examine emerging trends in Counselling in Indian context
- Evaluate role of Culture in Counselling

Unit 1: Counseling: An Introduction	12
<ul style="list-style-type: none">● Meaning, Historical and Scientific Context of Counselling● Counselling and Neurobiology● Theories of Counselling<ul style="list-style-type: none">○ Psychodynamic, Person -centered, Cognitive Behavioral○ REBT, Family Therapy and Feminist Therapy● Becoming a Culturally Competent Counsellor- Cultural Intentionality of the Counsellor & Ethical Principles	
Unit 2: Understanding Counselling as a Process- 1	12
<ul style="list-style-type: none">● Process and Outcome Goals of Counselling● Stages of Counselling● Building relationships and facilitating initial disclosure-<ul style="list-style-type: none">○ Core conditions of counselling○ Ways to impede communication	

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Unit 3: Understanding Counselling as a Process- 2	12
<ul style="list-style-type: none"> ● Commitment to action and termination <ul style="list-style-type: none"> ○ The process of goal setting ○ Design and implementation of action plans ● Termination <ul style="list-style-type: none"> ○ Readiness for termination ○ Ending in a positive way ● In-depth exploration <ul style="list-style-type: none"> ○ Goals and methods ○ Use of feedback in in-depth exploration ○ Modes of providing feedback 	

Unit 4: Emerging trends in Counselling- Postmodern Approaches	12
<ul style="list-style-type: none"> ● Meaning and Historical context of Constructivist approaches ● Social justice perspectives in Counselling ● Solution Focused ● Narrative Therapy 	

#12 contact hours for Assignments, Visits, Research, Field Studies, etc.

- Counselling for culturally diverse clients
- Counselling for children and their parents
- Grief counselling
- Online Counselling
- Counselling with special reference to women's issues- Domestic Violence, Eating disorders

*** Semester V and VI - DSE 3+1 = One credit is for Research Project/field visit/ or any other subject centric activities to be taken by the students in consultation with the concerned teacher.**

Recommended Basic Reading:

- Welfel and Patterson (2005) *The Counselling Process: A Multi Theoretical Integrative Approach* 6th Ed, Thomson Learning, Inc, New Delhi.
- Sharf, R. S. (2015). *Theories of Psychotherapy & Counseling: Concepts And Cases*. Cengage Learning.
- Ivey, A. E., Ivey, M. B., & Zalaquett, C. P. (2013). *Intentional Interviewing and Counseling: Facilitating Client Development in a Multicultural Society*. Cengage Learning.
- Sommers-Flanagan, J., & Sommers-Flanagan, R. (2018). *Counseling and Psychotherapy Theories in Context and Practice: Skills, Strategies, and Techniques*. John Wiley & Sons.

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Recommended Reference Books:

- Corey, G. (2012). *Theory and Practice of Counseling and Psychotherapy*. Cengage learning.
- Palmer, S. (Ed.). (2000). *Introduction to Counselling and Psychotherapy: The Essential Guide*. Sage.
- Burnard Philip (2002) *Counseling Skills Training- A Sourcebook of Activities* Viva Books Pvt ltd, NewDelhi.
- Feltham, C., Hanley, T., & Winter, L. A. (Eds.). (2017). *The SAGE Handbook of Counselling and Psychotherapy*. Sage.
- Rao ,N.S (1991) *Counselling and Guidance* 2nd ed Tata McGraw- Hill, New Delhi
- Morgan, A. (2000). *What is Narrative Therapy?* (p. 116). Adelaide: Dulwich Centre Publications.
- Harris, D. L., & Winokuer, H. R. (2019). *Principles and Practice of Grief Counseling*. Springer publishing company.

Journals:

- Ranade, K., Shah, C., & Chatterjee, S. (2016). Making sense: Familial journeys towards acceptance of gay and lesbian family members in India. *The Indian Journal of Social Work*, 77(4), 437-458.
- Kottai and Ranganathan (2019) *Fractured Narratives of Psy Disciplines and the LGBTQIA+ Rights Movement in India: A Critical Examination*
- Ranade, K. (2018). *Growing up gay in urban India: A critical psychosocial perspective*. Singapore: Springer.
- Morgan, A. (2002). Beginning to Use A Narrative Approach in Therapy. *The International Journal of Narrative Therapy and Community Work*, Vol. 1.
- Larmar, S., Wiatrowski, S. & Lewis-Driver, S. (2014). Acceptance & Commitment Therapy: An Overview of Techniques and Applications. *Journal of Service Science and Management*. Vol, 7, pp 216-221
- Hayes, S.C. (2004). *Acceptance and Commitment Therapy and the New Behavior Therapies: Mindfulness, Acceptance and Relationship*. Mindfulness and Acceptance: Expanding the Cognitive-Behavioral Tradition. Guilford Publications.
- Gelso, G. (2011). Emerging and Continuing Trends in Psychotherapy: Views From an Editor's Eye. *American Psychological Association*. Vol. 48, No. 2, 182–187 0033-3204/11/\$12.00 DOI: 10.1037/a0023448
- Mallen, M.J., Vogel, D.L. & Rochlen, A.B. (2005). The Practical Aspects of Online Counseling: Ethics, Training, Technology, and Competency. *The Counseling Psychologist*. 33; 776. Sage Publications. DOI: 10.1177/0011000005278625

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Websites:

- <https://www.counseling.org/>
- <https://mhi.org.in/resources/>
- <https://dulwichcentre.com.au/>

E-resources:

- <https://parivarthan.org/encountering-culture-psychotherapy-and-counseling-practice-in-india/>
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3146194/>

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