



Syllabus

First Semester Courses in

MA PSYCHOLOGY:

LIFESPAN COUNSELLING

2023-2024

Contents:

- **Syllabus for Research Methodology:**
 - Research Methods and Statistics in Psychology
- Evaluation and Assessment guidelines:



Shinde
PRINCIPAL
ST. XAVIER'S COLLEGE
AUTONOMOUS
MUMBAI - 400 001.

APPROVED SYLLABUS

MA-I (Psychology)

Course Code: PAPSY6001RM1

Name of the Course: Research Methods and Statistics in Psychology

Credits : 4 (Theory 3 - Total 45 hr and Practical 1 Total 30 hr)

Number of lectures: 75

Prerequisite: Not Applicable

Course Objectives:

1. To understand the philosophical thought behind research in psychology and the benefits of the scientist-practitioner model
2. To develop a thorough grounding in the research process and the scientific method
3. To understand concepts in nonexperimental and experimental research, methods and analysis of the same
4. To understand the reasoning behind statistical hypothesis testing and the application of this reasoning through different inferential statistics
5. To be able to apply this conceptual knowledge to planning and executing research in the field of psychology

Course Outcomes (COs):

CO No.	On completing each of the courses of this semester the PG student will be able to...	PSOs Addressed	Cognitive Level
CO 1	Critically evaluate the philosophies underlying both qualitative and quantitative research in psychology	PSO 6	E
CO 2	Develop a thorough grounding in the research process and the scientific method	PSO 6	U
CO 3	Understand concepts, methods and analysis in nonexperimental and experimental research	PSO 6	U
CO 4	Understand the reasoning behind statistical hypothesis testing and the application of this reasoning through different inferential statistics	PSO 6	An, Ap
CO 5	Apply this conceptual knowledge to planning and executing research in the field	PSO 6	Ap

Unit 1. Introduction to research in psychology

(11 hours)

- 1.1 The what, why and how of research in psychology
- 1.2 Components involved in research: Philosophical worldviews, Research Methods and Design
- 1.3 Stages of the research process

© St. Xavier's College (Autonomous), Mumbai, INDIA



APPROVED SYLLABUS

- 1.4 Ethics in research
- 2. Quantitative Approaches (11 hours)**
- 2.1 Experimental methods : Simple Designs
- 2.2 Experimental methods : Complex Designs
- 2.3 Quasi-experimental designs
- 2.4 Non-experimental designs
- 3. Statistics (11 hours)**
- 3.1 Descriptive statistics - frequencies and percentages, measures of central tendency, measures of variability, graphical representations of data
- 3.2 The basics of statistical inference : Statement and choice of the hypothesis, statistical hypothesis testing, criterion for Rejection / Retention of Ho, and errors in hypothesis testing, level of significance vs p-value
- 3.3 Parametric statistics - t test, analysis of variance, correlation, regression, multivariate statistics
- 3.4 Nonparametric statistics - Mann-Whitney U test, Wilcoxon sign test, Kruskal-Wallis test, chi square test, special correlations
- 4. Qualitative Methods and Mixed Methods Research (12 hours)**
- 4.1 Methods in qualitative research: Observation, interviews and focus group discussions
- 4.2 Qualitative Data Analysis 1 : Transcription, Thematic Analysis, Grounded Theory, social constructionist discourse analysis
- 4.3 Qualitative Data Analysis 2 : Conversation Analysis, Narrative Analysis, Interpretative Phenomenological Analysis
- 4.4 Mixed Methods Approach

List Of Recommended Reference Books (list based on the most recent date of publication to oldest)

Leavy, P. (2022). Research design: Quantitative, qualitative, mixed methods, arts-based, and community-based participatory research approaches. Guilford Publications.

© St. Xavier's College (Autonomous), Mumbai, INDIA



APPROVED SYLLABUS

Creswell, J. W., & Creswell, J. D. (2017). *Research design: Qualitative, quantitative, and mixed methods approaches*. Sage publications.

Coolican, H. (2017). *Research methods and statistics in psychology*. Psychology Press.

Belhekar, V. M. (2016). *Statistics for Psychology Using R*. SAGE.

Creswell, J. W., & Poth, C. N. (2016). *Qualitative inquiry and research design: Choosing among five approaches*. Sage publications.

Goodwin, K. A., & Goodwin, C. J. (2016). *Research in psychology: Methods and design*. John Wiley & Sons.

Howitt, D., & Cramer, D. (2010). *Introduction to qualitative methods in psychology*.

Harris, R. J. (2001). *A primer of multivariate statistics*. Psychology Press.

Leary, M. R. (2001). *Introduction to behavioral research methods*. Pearson education company.

Shaughnessy, J. J., Zechmeister, E. B., & Zechmeister, J. S. (2000). *Research methods in psychology* (5th ed.). McGraw-Hill.

Aron, A., & Aron, E. N. (1994). *Statistics for psychology*. Prentice-Hall, Inc.

Practical:

Details of practical sessions

- | | | |
|-----------|---|-------------------|
| 5. | Practicum | (30 hours) |
| 5.1 | Designing a quantitative and qualitative research and proposal writing | |
| 5.2 | Executing a quantitative (e.g. experimental/correlational) research | |
| 5.3 | Quantitative data analysis and reporting | |
| 5.4. | Executing a qualitative research (e.g. interviews/Focus Group Discussion) | |

Evaluation (Core Theory): Total marks per course – 100

© St. Xavier's College (Autonomous), Mumbai, INDIA



APPROVED SYLLABUS

- I. Formative Assessment 'for' Learning (continuous internal assessment - CIA to improve learning).
Continuous Internal Assessment (40% Weightage)
 - CIA 1: Assignment (20 Marks)
 - CIA 2: Assignment (20 Marks)
- II. Summative Assessment 'of' Learning (focus on outcomes, quantitative data for outcomes of instruction).
End Semester Examination (60 % Weightage)
Written examination: 60 Marks
One compulsory question + Answer Any 3 out of 5 questions (Each question carries equal marks i.e. 15 Marks)

Evaluation of (Practical) Total marks Practical course - 50.

Practical/Viva: 50 marks - Journal work and viva-voc

Eg: Template for the Core course End Semester examination in Semester I for the Core course

UNITS	KNOWLEDGE	UNDERSTANDING	APPLICATION and ANALYSES	TOTAL MARKS- Per unit
1	05		05	10
2		10	10	20
3		05	10	15
4		05	10	15
-TOTAL - Per objective	05	20	35	60
% WEIGHTAGE	8.33	33.33	58.33	100%

College Grids for assignments/presentations are used/adapted according to the type of assessment.





Syllabus

Second Semester Courses in

MA PSYCHOLOGY:

LIFESPAN COUNSELLING

2023-2024

Contents:

- Syllabus for Field Project in Childhood and Adolescence
- Evaluation and Assessment guidelines



Shinde
PRINCIPAL
ST. XAVIER'S COLLEGE
AUTONOMOUS
MUMBAI - 400 001.

© St. Xavier's College (Autonomous), Mumbai, INDIA

APPROVED SYLLABUS

MA-I (Psychology)
 Name of the Course: Field Project in Childhood and Adolescence
 Credits : 6 (12 hours/week)

Course Code: PAPSY6001FPI

Prerequisite: Not Applicable

Course Objectives:

1. To identify and assess behavioural, emotional, and psychosocial issues of concern in childhood and adolescence in real-world settings.
2. To apply theoretical knowledge of typical and atypical developmental concerns in childhood and adolescence to real cases
3. To plan and execute counselling and psychotherapeutic interventions for children and adolescents in both individual and group settings
4. To be able to work in real-world settings where counsellors work with children and adolescents

Course Outcomes (COs):

CO No.	Course Outcomes On completing each of the courses of this semester the PG student will be able to...	PSOs Addressed	Cognitive Level
CO 1	Effectively use skills for practising counselling and psychotherapy with children and adolescents	PSO 1,3,4	U, An, Ap
CO 2	Practise theory- and research-informed counselling and psychotherapy for children and adolescents	PSO 2	U, An, Ap
CO 3	Understand and identify issues of concern associated with children and adolescents	PSO 3	U, An, Ap
CO 4	Recognise when to use and appropriately use assessment tools to inform therapeutic decisions	PSO 5	U, E, An, Ap
CO 5	Conceptualize client problems based on theory and research to inform therapy planning	PSO 2,7,8	U, E, An, Ap
CO 6	Plan and execute appropriate individual and group counselling and psychotherapy sessions with children and adolescents	PSO 1,3,4,8,9	U, An, Ap
CO 7	Use supervision to enhance their learning and development as counsellors	PSO 1,2,7	U,A, E

In Semester II, students are engaged in field project work for a total of 12 hours in a week.
 © St. Xavier's College (Autonomous), Mumbai, INDIA



APPROVED SYLLABUS

Of these, they are at schools for two days in a week for 5 hours each day. These settings allow the students to interact with children and adolescents as this is the lifestyle of focus in the second semester.

These interactions are supervised. Students are encouraged to engage with clients in the setting through individual counselling and group counselling sessions.

For 2 hours per week, students meet with their faculty supervisors and present cases they have seen in the field. Discussions are held regarding conceptualization of the cases and planning of interventions.

At the end of the semester, students submit a case file for evaluation and have a viva about their fieldwork experience. They receive grades for their performance on field, their viva and their case files.

Evaluation of Field Project (100 marks)

Field Performance (40 marks): Students will be evaluated by their assigned field supervisor on Professionalism, Motivation and Initiative, Use of Counselling Skills, and Application of Theory.

Viva (30 marks): In-house faculty will conduct a viva to assess the students' individual and group therapy work on field and their reflections and learnings from the field.

Case File (30 marks): Each student will submit a case file which will include records of minimum 2 individual cases they have worked with, the group therapy conducted on the field site, and their reflections. This will be evaluated by in-house faculty.



APPROVED SYLLABUS

© St. Xavier's College (Autonomous), Mumbai, INDIA