**PhD Programme**

**Core Course 4 – Research Seminar**

**Title of Thesis: Impact of Mindfulness on Psychological Capital, Self-Regulation and Craving Among patients with Alcohol Dependency Syndrome**

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| **Course Category: Core Course Code: XXX** **Course Credit Structure: 4 Credits Schedule of Offering: 2nd Semester****Individual Consultation: 1 Hour****Guided Reading/Assignments: 3 Hours****Contact Hours: 4 hours per week.****Course Instructor: Sreevalsa Kumar (PhD)** |

1. **Course Overview:**

This course is primarily conceived and designed to equip the PhD students to undertake a systematic and scientific research following empirical research rigor. This course would enable the student to mine literature in and around his/her topic of research. Further, the student would be able to analyse and synthesize the reviewed literature to come up with a theoretical and/or conceptual framework for his/her proposed research work. This course would also aid the student to choose the right research method for his/her research work. Finally, the student would write a review article which is publishable in a peer reviewed article

**Objectives**

On completion of this course, students would be able to:

* Conduct systematic and focused literature review in and around the research question/topic
* Examine, critique, analyze, and synthesize the reviewed literature
* Develop a theoretical and /or conceptual framework for his/her proposed research work
* Decide upon the most appropriate research methods including its design, setting, data collection and data analysis procedure for the proposed research work
* Develop a publishable review article on the research topic in hand
* Make a presentation of the developed research article to the scientific community

**3. Pre-Requisites**

 Registration as a PhD candidate at Chinmaya Vishvavidyapeeth University.

**References**:

* Craig, J. R., & Metze, L. P. (1986). *Methods of psychological research* (2nd ed.). Monterey,CA: Brooks/Cole.
* Danziger, K. (1990). Constructing the subject. Cambridge: Cambridge University Press.
* Gergen, K. J. (1991). Toward transformation in social knowledge. London: Sage
* Howell, K. (2013). An introduction to the philosophy of methodology. Los Angeles, CA: Sage.
* Kerlinger, F. (1986). *Foundations of behavioral research*. NY: Holt Rinehart.
* Punch, K. F., & Oancea, A. (2014). Introduction to research methods in education (2nd ed.). Los Angeles: Sage.
* Shaughnessy, J. J., & Zechmeister, E. B. (1994). *Research methods in psychology* (3rd ed.). NY: McGraw-Hill.
* Smith, M.J. (1998). Social science in question: Towards a post disciplinary framework. New Delhi: Sage Publications.
* **Other recent and relevant literature in the form of journal articles, books, e-contents, etc. would form the integral part of the reading materials.**

**4. The Flow of Course work**

 This being a seminar-based course work, it moves a little away from the traditional model of course work. However, it progresses through a prefixed sequence involving different stages:

**Stage 1**: During this stage, the student reviews on alcohol dependency syndrome, its biological, psychological and social impacts, models of alcohol dependency syndrome, how it affects psychological capital, self-regulation and craving, how control over these help in the treatment of Alcohol dependency syndrome. This compilation is presented before the course faculty.

**Stage 2**: The review gets expanded to the different major variables included in the study such as psychological capital: its core components- hope, self-efficacy, optimism and resilience; self-regulation: definition, dimensions of self-regulation; goal pursuit and self-regulation; and craving: its symptoms, models of craving, neurobiology of craving, psychological and pharmacological intervention in control of craving behavior, and factors the affecting craving. This compilation is presented before the course faculty.

**Stage 3**: The major focus of review during this stage would be on mindfulness: its meaning, definition, history, evolution, basic concept and objectives, psychological impact of mindfulness, how mindfulness help in treatment of alcohol dependency syndrome, Biological impact, advantages and disadvantages, how it plays important role in managing psychological capital, self-regulation and craving. This compilation is presented before the course faculty.

**Stage 4**: During this stage the student engages in a methodological review so as to decide upon the right methods to be used for the proposed research work. This compilation is presented before the course faculty.

**Stage 5**: The student integrates the reviews done in stage one through three and develop a publishable review article in close consultation with the course faculty. And finally, the students present and defend this article in-house. Feedback from fellow scholars, faculty and audience is absorbed as appropriate and revise the article in accordance with that. The revised article is submitted to the course faculty.

**6. Evaluation Pattern**

Meeting deadlines: 5%

Stage 1: 15%

Stage 2: 15%

Stage 3: 15%

Stage 4: 10%

Stage 5: 40%

Total: 100 %

**7. Deadlines**

 Stage 1: 18/02/2020

 Stage 2: 05/03/2020

 Stage 3: 25/03/2020

 Stage 4: 17/04/2020

 Stage 5: 06/05/2020

 Final Presentation: 08/05/2020

**Note**: If a student has any special educational need(s), the instructor would be happy to have a word with him or her with total confidentiality assured).