

Tamil Nadu Public Service Commission
Syllabus
Social Work (Medical and Psychiatric)
(PG Degree Standard)

Code: 581

Unit I: Social Work Profession (20 Questions)

Social work as a Profession: Definition and Meaning, Characteristics, Methods and Fields; Philosophy of Social Work Profession: Values, Beliefs, Principles and Code of Ethics (IFSW and IASSW 2004 and NAPSWI 2015); Social Work Theories: Psycho-social, Psycho-dynamic, and Ecosystem; Social Work Models: Welfare, Development, Empowerment, Rights Based Model; Basic concepts related to Social Work: Social Welfare, Social Security, Social Development, Social Justice, Social Equality, Social Inclusion and Social Exclusion.

Historical Evolution of Social Work: UK, USA and India, Growth of Social Work Profession; India as a Welfare State, Constitutional safeguards, Role and Contribution of Voluntary Organizations; INGO's, NGO's and CSO's; National and International Professional bodies, Status and Problems of Social Work profession in India; Global agenda and Global Standards for Social Work Practice.

Social Work Ideologies: Socialism, Marxism, Indian Socio-cultural and Religious thought, Social Reforms, Purusharthas; Gandhian Social Work; Periyarism and Ambedkarism, Contribution of Religions- Hinduism, Buddhism, Jainism, Islam and Christianity.

Unit II: Fundamentals of Sociology and Psychology (20 Questions)

Sociology: Definition, Meaning, Scope and Relevance to Social Work; Basic Sociological concepts: Society-Meaning, Definition and Types, Structure, Features; Social Institutions, Concept of Social System and Sub-system, Classification of Social Systems; Culture: Concept, Characteristics; Social Stratification, Social Processes, Social Control, Social Change in India, Social Movements; Social Problems- Poverty, Inequality, Casteism, Crime and Delinquency Causes and Consequences.

Psychology: Definition, Meaning and Scope, Psychology and Social Work; Lifespan, Phases of Human Growth and Development (Erik Erikson and Sigmund Freud) Needs, Tasks and Challenges, Influence of Hereditary and Environment; Psychological processes for understanding Behaviour, Intelligence, Sensation, Emotions, Learning, Memory, Attitude, Behaviour, Perceptions and Prejudices; Life events and their impact on Behaviour, Family Development Stages (Evelyn Millis and David Miller).

Unit III: Direct Methods of Social Work Practice-I (20 Questions)

Social Case Work: Historical Development of Case Work, Case Work as a Direct Method of Social Work, Definition and Meaning, Philosophy, Values, Skills, Components of Social Case Work. Case Work Relationship; Rapport, Empathy, Transference and Counter Transference; Phases of Helping process: Psycho-social Study, Psycho Social Assessment, Intervention Plan and Goal setting, Intervention, Termination, Evaluation and Follow up; Tools and Techniques of Social Case Work: Observation, Interview, Home Visit, Resource Mobilization and Collateral Contacts, Environment Modification and Referral; Models and Theories of Social Case Work: Problem Solving, Behavior Modification and Crisis Intervention; Cognitive, Client Centered, Family Centered and Systems Theory, Types of Recording, Application of Case Work in Various Settings, Limitations of Case Work Method.

Social Group Work: Definition of Group, Types and Characteristics of Groups; Historical development of Group Work, Group Work as a Direct Method of Social Work, Definition and Meaning, Purpose, Objectives, Values, Skills, Principles and Phases of Group Work; Group Processes and Dynamics - Stages of Group Development, Influence of new comers on group processes, isolation, rejection in groups, group-bond, subgroups, clique, dyad, triad, group norms, group membership, group cohesiveness, group pressure, group morale, leadership, team building,

decision making, problem solving, conflict management, communication; role clarity in a group; use of Sociometry; Group Work Models: Social Goal Model, Remedial Model, Reciprocal Group Work Application in Various settings; Types of recording in Group Work.

Unit IV: Direct Methods of Social Work Practice–II (10 Questions)

Community Organisation: Definition and Meaning, philosophy, principles, goals, objectives, scope of Community Organisation; Community as a Social System; Subsystems; Types and Characteristics of Communities; Community Power Structure, Community Dynamics, Evolution of Community Organisation, Community Organisation as a Direct Method in Social Work, Community Organization Models (Rothman) - Social Planning, Locality Development and Social Action; Approaches (Murray Ross)- General Content, Specific Content; Process, skills and tools for community Organisation.

Social Action: Concept, definition, aims and objectives, scope, social action as a method in social work, paradigm of five elements: causes, change agent, change target, change channels, change strategy, strategies and tactics for social action: channels topology; skills of a social activist, models and approaches to Social Action: Paulo Freire, Martin Luther King, Saul Alinsky, Social Action movements in India, Narmada Bachao Andolan, Chipko movement, Environment movement, Dalit movements, Women's movements, Agriculture movement, Contemporary Social Reform movements.

Unit V: Indirect Methods of Social Work Practice-I(15 Questions)

Social Work Research: Quantitative, Qualitative and Mixed methods; Research Design – Survey, Case study, Descriptive, Experimental, Exploratory and Explanatory; Sampling Design – Probability and Non-probability, Sampling Frame, Sampling Error; Sources of Data – primary and secondary. Types of Data – nominal, ordinal, discrete, numeric and continuous; Methods and tools of data collection: Observation, Focused Group Discussion, Indepth Interviews, Interview Schedule, Questionnaires, Interview Guide; Data processing: Classification and Coding, Tabulation, Analysis and Interpretation–Data Presentation and Research Report Writing

Statistics: Meaning, definition, limitations and uses- frequency distribution- construction of frequency tables–diagrammatic and graphical representation; measures of central tendency – mean, median, mode, measures of dispersion- standard deviation, variance, quartile range, measures of correlation and regression; tests of significance: hypothesis testing; Type I & Type II errors, Level of confidence, degrees of freedom Chi square, 't' test, reliability and validity methods; Scales: Rating scales, Attitude scales–Likert, Thurstone, Guttman; using software for data analysis;

Unit VI: Indirect Methods of Social Work Practice-II (10 Questions)

Social Work Administration: Concept, Definition, Characteristics, Social work Administration as an Indirect Method of Social work; Organizational structure, boards and committees: functions and qualities of executive; Administrative process: policy formation, planning, decision making, co-ordination, communication; Human Resource Management: selection of staff, orientation, placement, service conditions, promotions, discipline, welfare programs for staff; Financial administration: budgeting, accounting, book keeping and fund-raising; Office administration: office management and maintenance of records; Supervision, Evaluation and Public Relations; Central Social Welfare Board, State Social Welfare Board, Ministry of Social Welfare and Women Empowerment, Ministry of Social Justice and Empowerment, Ministry of Women and Child Development, Roles and Functions of Voluntary Organisations, Laws related to NGOs; Registration of Organizations: Tamil Nadu Societies Registration Act 1975, Trust Act 1882 and 2001, Foreign Exchange Regulation Act 1973, Foreign Contribution (Regulation) Act 1976, Foreign Exchange Management Act (2001), Tax Exemptions and Foreign grants; Role and contribution of International Funding Organizations; Project and Project Cycle Management; Project Proposal Writing, Overview of Strengths Weakness Opportunities and Threats (SWOT), Project Evaluation and Review Technique (PERT), Social Audit, Logical Framework Analysis; Types and Steps, Format; Fund-Raising (Types, Methods, Skills); Monitoring and Evaluation of Projects.

Unit VII: Health, Community Health and Policies and Programmes in Health Care (15 Questions)

Health-Definition and concept, Disease and Illness, Handicap, Sanitation and Hygiene, Epidemic and Pandemic; Dimensions of Health, Positive Health, Physical Quality of Life Indicator (PQLI), Human Development Index (HDI), Determinants of Health, Health indicators, Nutrition: Definition Classification of Foods, Protein Energy Malnutrition (PEM), Health System and Levels of Health Care. Indigenous System of Medicine (AYUSH)

Community Health; Definition, Health indicators, Disease, sickness/illness, Definition of public health, changing concepts, primary healthcare: preventive, curative and social medicine; Health Committees, Concepts related to Wellbeing, Millennium Development Goals (MDGs) and Sustainable Development Goals (SDGs), Health Education; Skills of Social Worker in healthcare.

Health Policies and Programs:

Health Policies: Constitutional Provisions for Health and Right to Health. Policy Analysis, National Health Policy, National Rural Health Mission 2005, National Urban Health Mission 2013, Health for All (HFA) 2000, State Health Insurance Scheme, Chief Minister Comprehensive Health Insurance Scheme (CMCHIS)

Health Programs: National Leprosy Eradication Program, National Malaria & Filaria Control Program, National Tuberculosis Elimination Program (NTEP), National Tobacco Control Program, National Program for Control of Blindness, School Health Program, National AIDS Control Program, National Mental Health Program, Integrated Child Development Scheme, National Program for Health Care of the Elderly (NPHCE) and National Vector Borne Diseases Control Program, Pradhan Mantri Jan Arogya Yojana, Mission Indra Dhanush, Janani Shishu Suraksha Karyakaram (JSSK), Rashtriya Bal Swasthya Karyakram (RBSK)

Unit VIII: Mental Health and Psychiatric Social Work Practice (35 Questions)

Concept related to Mental Health and Psychiatric Social Work: Normality & Abnormality, Mental Health & Mental Illness, Psychiatric Social work, Community Mental Health and Community Psychiatry. Magnitude of mental health problems, changing trends in mental healthcare; History and scope of Psychiatric Social Work, Changing perspectives of Psychiatric Social Work; Mental Health Care Act 2017.

Classification and Assessment of Mental Health Disorders:

Classification: International Classification of Diseases (ICD) 10 and 11, International Classification of Functioning Disability and Health (ICF) and Diagnostic Statistical Manual (DSM) 5 TR 2022, Organic disorder including symptomatic mental disorder, Mental and Behavioural disorder due to psycho active substance use, Schizophrenia and Schizotypal and Delusional disorders, Mood disorders (Affective), Neurotic, Stress related and Somatoform disorders, Behavioural syndromes associated with psychological disturbances and physical factors, Disorders of Adult personality and behaviour, Mental retardation, Disorders of psychological development, Behavioural and emotional disorders onset occurring in childhood and adolescence, Unspecified mental disorders.

Unit IX: Medical Social Work (35 Questions)

Medical Social Work: Meaning, objectives and scope, historical development of Medical social work in West and India.

Communicable and Non-Communicable Diseases:

Communicable Diseases: TB, STD, HIV/AIDS, STI, UTI, Polio, Diarrheal diseases, Vector Borne Disease, Typhoid, Leprosy and Leptospirosis.

Non-Communicable Diseases: Cancer, Diabetes, Hypertension, Cardiac Disorders, Neurological disorders, Asthma.

Other disorders: Physically Challenged, Nutritional Disorders, Occupational Health, Adolescent Health problems, Women's Health and Geriatric Health problems.

Disability: Concept, Causes, Types; Pediatric care and Geriatric care, Legislations relating to the Elderly and Disabled

Roles and functions of Medical Social Worker: Patient as a person, Healthcare approaches: psychosomatic approach, holistic approach; Problem assessment process; Psycho-social assessment of patient, patient's family and environment, Intervention levels-prevention, promotion and tertiary; Hospitalisation, Patient's Rights and Ethics, Case record preparation, Treatment for Psycho Social problems, Roles, functions and Skills of Medical Social Worker in Wards/ In Patient and Out Patient Departments, ART Centres, Hospice & Special Clinics.

Counseling and Rehabilitation – organ transplantation, spinal cord injuries, epilepsy, Ambulance and Emergency Crisis care and Medico-legal cases. Institutional and Non-institutional services, Palliative care and Pain Management, Patient's rights and Medical ethics in health care. Team work and Multidisciplinary approach.

Unit X: Therapeutic Intervention in Social Work (20 Questions)

Counselling: concept, process, principles, values and ethics.

Types of Counselling: Individual Counselling, Family Counselling, Group Counselling, Marriage Family Counselling, Career/Vocational Counselling, Rehabilitation Counselling, Education and School Counselling.

Vocational Counselling: Meaning and Definition, Need and Importance. Roles and Responsibilities of the Vocational Counsellor.

Vocational Counselling Models of National Institutes: Institute for Mentally Retarded, Visually Challenged, Hearing Impaired and Orthopaedically Handicapped and Multiple Disabilities.

Vocational Counselling Phases: Assessment, Goal Setting, Planning, Intervention, Termination, Evaluation and Follow up.

Therapy: Meaning and Types – Medical, Psycho-social and Behavioral Therapy and Skills. Difference between Therapy, Theory and Intervention.

Phases of Therapy: Early, Middle and Final Phase.

Psycho-social Therapies: Therapeutic Counseling- meaning, techniques, goals, process and procedures.

Types of Therapies:

Cognitive & Behavioural Therapies: Cognitive Therapy, Cognitive Behavioural Therapy (CBT), Cognitive Analytic Therapy (CAT), Acceptance and Commitment therapy (ACT) & Behavioural Therapy.

Psycho-social, and Psycho-dynamic Psycho-analytic Therapies: Eric Erickson, Freudian, Jungian,

Humanistic Therapies: Gestalt, Person centered/Client centered therapy, Solution focused, Brief therapy, Transactional Analysis and Transpersonal psychology.

Arts and Other Therapies: **Arts therapies:** Art therapy, Expressive Arts therapy, Drama therapy, Music therapy.

Other Therapies: Couple Therapy, Family therapy, Group therapy, Rational Emotive therapy, Rational Emotive Behaviour therapy, Psycho drama, Eye movement, Desensitisation and reprocessing (EMDR) and Interpersonal therapy.

Indigenous Therapies: Yoga, Meditation, spiritual healing and relaxation therapy, Positive imaging, Pain management techniques, trauma counseling and PTSD therapy.

Rehabilitation: Concept, principles, options of rehabilitation, hospital based- quarter way home, vocational and occupation rehabilitation, half way homes, therapeutic communities, day care centers and work place rehabilitation.

Community Based Rehabilitation: Concept, objective, approaches, components and scope in Medical and Psychiatric social work.

Dated: 17.06.2025