

Syllabus for
Master of Arts in Psychology
Under Choice Based Credit System

Academic Session:

w.e.f. 2020-2022

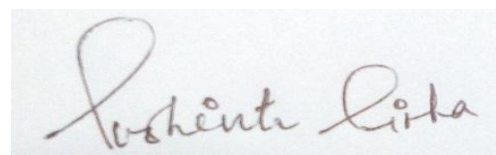


for

All Constituent/ Affiliated Colleges Under
Binod Bihari Mahto Koyalanchal University,
Dhanbad

Members of Board of Studies of CBCS Post-Graduate Syllabus as per Guidelines of the Binod Bihari Mahto Koyalanchal University, Dhanbad

1. Dr. Sudhinta Sinha, - Chairman
Associate Professor & Head,
University Dept. of Psychology, BBMKU, Dhanbad
2. Dr. Kavita Singh, - Internal Member
Associate Professor
University Dept. of Psychology, BBMKU, Dhanbad
3. Dr. Meera Jaiswal, Professor (Retd.) - External Member
University Dept. of Psychology,
Ranchi University, Ranchi
4. Dr. Sadique Razaque - External Member
Associate Professor & Head
University Dept. of Psychology, VBU, Hazaribag
5. Dr. J. P. Mishra, - External Member
Associate Professor & Head
University Dept. of Psychology,
Kolhan University, Chaibasa
6. Dr. Devendra Kumar, University Professor - Expert Member
University Dept. of Psychology, M.U. Bodh Gaya
6. Dr. S.K. Gandhi, University Professor - Expert Member
University Dept. of Psychology,
University of Kalyani (WB)
7. Dr. R.S. Yadav, - Invited Member
Associate Professor & Ex- Head (Retd.)
University Dept. of Psychology, BBMKU, Dhanbad
8. Dr. Meena Srivastava - Invited Member
Associate Professor & Proctor, BBMKU, Dhanbad



Dr. Sudhinta Sinha
Associate Professor & Head
University Dept. of Psychology
BBMKU, Dhanbad

CONTENTS

Sl. No.	Topic/Titles	Page No.
1	Cognitive Psychology	9-10
2	Research Methodology	10-11
3	Social Psychology	12-13
4	Counselling Psychology	16-17
5	Abnormal Psychology	18-19
6	Personality Theories	20-21
7	Health Psychology	24-25
8	Statistics in Psychology	25-27
9	Developmental Psychology	27-28
10	Organizational Psychology	31-32
11	Clinical Psychology	33-34
12	Educational Psychology	34-36
13	Environmental Psychology	36-37
14	Psychology of Criminal behaviour	38-39
15	Positive Psychology	39-40
16	Practical:	
(i)	Semester - I	14-15
(ii)	Semester – II	21-22
(iii)	Semester – III	29-30
(iv)	Semester – IV- A:	41
(v)	Semester – IV- B:	42
(vi)	Semester – IV- C:	43
17	Dissertation/ Project	44
18	Annexure -1	45
19	Annexure -2: Format of Question Papers	46-47

COURSE STRUCTURE

Semester Wise Examination/Course Structure for Social Science Faculty

Semester	Paper Code (Credit, Lectures)	Paper Name	Full Marks	End Semestr Marks	Mid Semester (Internal) Marks (Written 20 marks) Day to day assessment includes extracurricular activities (5 marks + Attendance (5 marks)
I	PSYF-101 (5 Credits, 60 Lectures +15 Tutorials)	Cognitive Psychology	100	70	30
	PSYC-102 (5 Credits, 60 Lectures + 15 Tutorials)	Research Methodology	100	70	30
	PSYC-103 (5 Credits, 60 Lectures + 15 Tutorials)	Social Psychology	100	70	30
	PSYC/P-104 (5 Credits, 75x2 Lectures)	Practical	100	70	30
II	PSYS-205 (5 Credits, 60 Lectures +15 Tutorials)	Skill Development Course (SEC) Counselling Psychology	100	70	30
	PSYC-206 (5 Credits, 60 Lectures +15 Tutorials)	Abnormal Psychology	100	70	30
	PSYC-207 (5 Credits, 60 Lectures +15 Tutorials)	Personality Theories	100	70	30
	PSYC/P-208 (5 Credits, 75x2 Lectures)	Practical	100	70	30
III	PSYAO9/PSYC-309 (5 Credits, 60 Lectures +15 Tutorials)	Open Elective Health Psychology	100	70	30
	PSYC-310 (5 Credits, 60 Lectures +15 Tutorials)	Statistics in Psychology	100	70	30
	PSYC-311 (5 Credits, 60 Lectures +15 Tutorials)	Developmental Psychology	100	70	30
	PSYC/P-312 (5 Credits, 75x2 Lectures)	Practical	100	70	30

IV	PSYE-413A/ PSYE-413B/ PSYE-413C (5 Credits, 60 Lectures +15 Tutorials)	Discipline Centric Elective Theory A: Organizational Psychology B: Clinical Psychology C: Educational Psychology	100	70	30
	PSYE-414A/ PSYE-414B/ PSYE-414C (5 Credits, 60 Lectures +15 Tutorials)	Discipline Centric Elective Theory A: Environmental Psychology B: Psychology of Criminal Behaviour C: Positive Psychology	100	70	30
	PSYE-C- 415 (5 Credits, 60 Lectures +15 Tutorials) or PSYE/P-415A/ PSYE/P-415B/ PSYE/P-415C (5 Credits, 75x2 Lectures)	Core or Discipline Centric Elective Practical A: Practical B: Practical C: Practical	100	70	30
	PSY-D-416* (5 Credits, 150 Lectures)	Dissertation/ Project	100	70	30
		Total Marks	1600	1120	480

Note: Symbol of Paper: XYZ-F-101: The first three symbols in Roman capital letters indicate the subject; the next symbols denotes Foundation (F), Core (C), Discipline Centric Elective (E), AECC/SEC (S), etc. Out of the next three digits, the first digit indicates the semester e.g. 1,2,3,4 for semester I, II, III, IV respectively, and the next two digits indicate paper number. The last letter T or P indicates Theory or Practical.

***Dissertation/Project:** Evaluation of project dissertation work may be as per the following guidelines:

- **Mid-Semester/Internal Assessment Examination** = 30 marks (**Annexure-1**)
- **End Semester Examination:** Project model (if any) and the Project record notebook, Project presentation and viva-voce = 70 marks
(Jointly conducted by One External & One Internal Examiners)

Overall project dissertation may be evaluated under the following heads:

- Motivation for the choice of topic
- Project dissertation design
- Methodology and Content depth
- Results and Discussion
- Future Scope & References
- Participation in Internship programme with reputed organization
- Application of Research technique in Data collection
- Report Presentation
- Presentation style
- Viva-voce

Note:

- (a) Each student must submit two copies of the dissertation work duly forwarded by the Head of the Department and duly signed by the supervisor concerned. The forwarded copies will be submitted to the concerned Department of University, for evaluation.
The paper will consist of
 - Field work/Lab work related to the project.
 - Preparation of dissertation based on the work undertaken.
 - Presentations of project work in the seminar on the assigned topic & open viva there on.
- (b) Each student shall have to complete a project work on any topic of his choice, but relevant to the frontier area of Science and Technology, or on a topic allotted by his/her Project Guide/Supervisor/Department in Semester -IV. This is compulsory and the candidates shall ensure that his project is on a relevant topic completed by him independently with the help and inputs from his/her guide/supervisor. Other guidelines pertaining to this paper shall be provided by the Department.
- (c) Student alone or in a group of not more than five, shall undertake one Project approved by the Subject Teacher/H.O.D. of the Department/College concerned. The progress of the Project shall be monitored by the faculty members at regular intervals.
- (d) Students will select topics for the project work in consultation with a teacher of the Department. The Seminar will be held in the concerned Department of University.

Format of the Dissertation/Project:

The **Dissertation/Project** shall be presented with the following specifications:

- (a) **Size of Paper:** A4. Dissertation/Project must be printed on one side of the paper.
- (b) **Font Type:** Times New Roman/Arial for English and Kruti Dev 010 for Hindi.
- (c) **Font Size:** Font size for English text is 12pt. in standard form and for Hindi is 14pt.
- (d) **Font of Chapter Headings and Sub-Headings:**
 - Chapter headings may be written in all Capitals, bold text in point size 15
 - Sub-headings are written with left margin alignment
 - First level sub-headings are written in normal sentence case using bold text in point size 14
 - Second level sub-headings are point size 13
- (e) **Spacing and Paragraphing:**
 - Printing shall be in standardised form with 1.5 line spacing
 - Leave as triple spacing (2 empty lines) in base point size 12 before and after sub-headings and one empty line after all sub-headings
 - Use one empty line between left-justified paragraphs
- (f) **Margin:** Left margin should be 4cms and right and top margin should be 2cms. Bottom margins should be 2.5cms. No ornamental bordering of sides is permitted.
- (g) **Page Numbering:** Preliminary pages of the **Dissertation/Project**, i.e. those preceding in text are to be numbered in Roman numbered. Text should be numbered in Arabic beginning with Pg No 1 on the first page of chapter 1.
- (h) Preliminary sections of the **Dissertation/Project** should include, Declaration of Attendance, Certificate from Supervisor, Declaration by Candidate and Supervisor regarding Plagiarism, Acknowledgement, Table of Contents, List of Tables, List of Figures/Diagrams, List of Abbreviations (if any) and an Abstract of the Dissertation/Project.
- (i) **Referencing and Citation Style:** Citation i.e. a way of giving credit to individuals for their creative and intellectual works that you utilised to support your research, differs by faculty in the style of ordering, punctuating and formatting of name, date, page, work etc.

The referencing of work and Citation style in the Dissertation/Project submitted in **Faculty of Science and Social Science** will be in **American Psychological Association (APA) style (6th edition)**, for **Faculty of Humanities** except for the Indian Languages, format shall be **Modern Language Association (MLA) (8th edition)** and for **Medical Science**, it shall be **Vancouver style**.

SEMESTER-I**COMPULSORY FOUNDATION/ CORE COURSE**

PSY-F-101	COGNITIVE PSYCHOLOGY	5 Credits, 60 Lectures + 15 Tutorials
PSY-C-102	RESEARCH METHODOLOGY	-do-
PSY-C-103	SOCIAL PSYCHOLOGY	-do-
PSY-C/P-104	PRACTICAL	5 Credits, 75x2 Lectures

Instruction to faculty members and Question Setter for:

Mid Semester Examination (MSE):

There will be two groups of questions in written examinations of 20 marks. Group A is compulsory and will contain five questions of multiple type questions consisting of 1 mark each. Group B will contain descriptive type five questions of five marks each, out of which any three are to be answered.

The Mid Semester Examination shall have three components. (a) Two Semester Internal Assessment Test (SIA) of 20 Marks each, (b) Class Attendance Score of 5 marks and (c) Day to Day & Extracurricular activities of 5 marks. "Best of Two" shall be applicable for computation of marks for SIA.

(Attendance Upto75%, 1mark; 75<Attd.<80, 2 marks; 80<Attd.<85, 3 marks; 85<Attd.<90, 4 marks; 90<Attd, 5 marks).

End Semester Examination (ESE): *There will be two groups of questions. Group A is compulsory and will contain two questions. Question No. 1(A) will be multiple type questions consisting of six questions of 1 mark each. Question No. 1(B) will be two short answer types of 4 marks. Group B will contain descriptive type eight questions of fourteen marks each, out of which any four are to be answered.*

PSY-F-101- Cognitive Psychology

Unit I: (a) Introduction:

Origin and definition of cognition; History and Theories of cognitive development; Current status of cognitive psychology

(b) Cognitive approaches of Learning:

Latent learning; Observational learning; Discrimination learning; Recent trends in learning;

Unit II: (a) Sensation:

Colour vision: Phenomena of colour vision, Theories of Colour vision- Duplicity theory, Young- Helmholtz theory, Herring theory

Auditory sensation: Characteristics, Theories of Hearing- Place theory, Frequency theory

(b) Perception:

Theories of perception- Gestalt, Behaviouristic and Physiological theory; Role of past experiences in perception; Extrasensory Perception (ESP)

Unit III: (a) Attention:

Nature of Selective attention; Theories of selective attention; Nature of sustained attention; Determinence of sustained attention

Unit IV: (a) Memory:

Types of memory; Models of memory- Structural model, Information processing model, Level of processing model; Methods of measuring memory

(b) Forgetting:

Theories of forgetting-; Decay theory, Interference theory, Failure of retrieval theory and Motivated forgetting theory; Forgetting curve

Unit V: (a) Thinking:

Nature and type; Thinking and Imagination; cognitive map; Theories of Thinking; Role of set in thinking, Reasoning-Types; Problem solving-Types and strategies; Decision making-Types and models

(b) Creativity:

Nature and stages; Factor influencing Creativity; Artificial intelligence; Relationship between intelligence and creativity.

BOOK RECOMMENDED

1. Galotti, K.M. (1999). *Cognitive Psychology in and outside Laboratory*. Mumbai: Thomson Asia.
2. Hewes, M. B. (1990). *The psychology of Human Cognition*. New York: Pargamon Press.
3. Matlin, M. W. (1995). *Cognition (III edition)*. Bengluru: Prism Books Pvt. Ltd.
4. Read, S. K. (1998). *Cognition: Theory and Application*. California: Academic Books.
5. Rahman, A.R. (1998). *Samanya Manvigyan: Vishay Evam Vyakhya*. Patna: Motilal Banarsidas. (In Hindi)
6. Singh, A.K. (2002). *Sangyanatamak Manovigyan*. Patna: Motilal Banarsi Das. (In Hindi)
7. Morgan, C.T. and King, R.A., Weisz, J.R. & Schopler, J. (1986). *Introduction to Psychology (7th edd.)*. McGraw-Hill, Inc.
8. Suleman, Md. (2006) *General Psychology: Fundamental process and Cognitive Processes*. Patna: Motilal Banarsi Das. (In Hindi)

PSY-C-102 Research Methodology

Unit I: Psychological Research:

Meaning , Objective and Type of research; Limitations and Importance of research; Stages of research; Hypothesis- Meaning, Criteria and Process of formulating hypothesis; Types of hypothesis- Directional - Non directional and Null hypothesis; Ethical issues in research; APA format of Reporting research and Referencing style

Unit II: Research design:

Meaning, Purpose and Types of research design; Experimental and Non-Experimental research design; Advantages and disadvantages of experimental design; Variable-Meaning and types; Techniques of controlling extraneous variables- elimination, constancy, balancing, counterbalancing, randomization

Unit III: Sampling:

Meaning, Types of sample- Probability sample – random sample, stratified and cluster sample; Non-probability sample- Quota, Accidental, Purposive, Systematic, Snowball, Dense sample; Sampling Error

Unit IV: (a) Interview:

Meaning and types of interview; Sources of bias in interview

(b) Questionnaire:

Definition, types, merits and demerits; Characteristics of good and usable questionnaire

Unit V: (a) Psychological test:

Nature and types of questionnaire; Steps involved in construction of psychological test; Standardization – Reliability, Validity and Norms

(b) Digital analysis of Data:

Uses of Excel
Uses of SPSS

BOOK RECOMMENDED

1. Ahuja, R. (2002). Research Methods. Jaipur: Rawat Publication.
2. Broota, K. D. (1992). Experimental Designs in Behavioral Research. New Delhi: Willey Eastern.
3. Kerlinger, F.M. (1973). Foundations of Behavioral Researches New York: Holt Rinehart and Winston Inc.
4. Lindzey, G. and E. Aronson (1975). The Handbook of Social Psychology, Vol. II. New Delhi: Amerind Pub. Co. Ltd.
5. Mohisn. SM (1985). Research Methods in Behavioral Research. New Delhi: Wiley.
6. Moser, C.A and G. Kalton (1971) – Survey Methods in Social Investigation. New York: Heniman Educational Books.
7. Singh Arun Kumar (1997). Tests, Measures and Research Methods in Behavioural Sciences. Patna: Bharti Bhawan. (In Hindi).
8. Suleman, M. (1999). Method in Psychology, Sociology and Education. Patna: Gernerall Book Agency. (In Hindi).

PSY-C-103 Social Psychology

Unit I: Historical background:

Definition, nature and scope of social psychology; Status of social psychology in India; Growth of social psychology as a modern discipline; Cultural and social psychology

Unit II: (a) Person perception:

Nature and determinants; Social perception and Group affiliation; Perceptual defence; Perceptual accentuation; Subliminal perception; Self-perception and Social cognition; Bem's theory of self-perception

(b) Interpersonal attraction:

Nature and determinants; Theories-; Exchange, Balance, Equity, Reinforcement, and, Complementary need theories

Unit III: (a) Aggression:

Nature, causes and how to control aggression; Theories of aggression

(b) Group:

Group dynamics and Group cohesiveness; Group and social influence; Intergroup conflict; Leadership styles and effectiveness, Theories of leadership-Trait theory, Fielder's Contingency theory and Path-goal theory

Unit IV: (a) Altruism:

Pro-social behaviour-Nature and factors; Characteristics of helped and helper; Theories of Pro-social behaviour; Ways of increasing pro-social behaviour.

(b) Attitude:

Definitions and nature of attitude; Development and formation; Theories-Feininger's cognitive dissonance, Rosenberg's affective cognitive theory and, Kellman's three process theory

Unit V: Prejudice and Discrimination:

Nature and components of prejudice; Theories; Development of prejudice in Indian children; Reduction of prejudice

BOOK RECOMMENDED

1. Aronson, R., Ellsworth, P., Carlsmith, J. M and Gonzales (1990) Methods in Research in Social Psychology. New York: Mc Graw Hill.
2. Baron, R. A. and Byrne, D. (2000). Social Psychology. New Delhi: Printice Hall.
Farr, R.M. (1996). The Roots of Modern Social Psychology. Oxford: Blackwell.
3. Hassan, M.K. (1981). Prejudice in Indian Youth. New Delhi: Classical.
4. Hewit, J.P. (1986). Self and Society: A symbolic interactions social psychology. Boston; Allyn and Bacon.
5. Panday, J. (Ed.) (1980). Perspectives on Experimental Social Psychology in India. New York: Concept.
6. Pandey , J. (Ed.) (1998). Psychology in India: The state of the art. Basic and Applied Social Psychology. (Vol. II). New Delhi: Sage.
7. Secord and Backman (1978). Social Psychology. New York : Mc Graw Hill.
8. Alam and Razaque (2012). Social Dimension of Human Behavior. New Delhi: Manak Publication.
9. Triandis, H. (1995). Culture and Social Psychology. New York: Mc Graw Hill.
10. Singh, A.K (2002). Samaj Manovigyan ki Roop Rekha. Patna: Motilal Banarsidas.
11. Suleman, Md. (1991). Adhunik Samaj Manovigyan. Patna: Motilal Banarsidas.

PSY-C/P-104 Practical (Cognitive function)

Instruction to faculty members and Question Setter for:

Mid Semester Practical Examination (MSE):

The Mid Semester Examination shall have three components. (a) Two Semester Internal Assessment Test (SIA) of 20 Marks each of 3 hours duration (b) Class Attendance Score of 5 marks and (c) Day to Day & Extracurricular activities of 5 marks. “Best of Two” shall be applicable for computation of marks for SIA.

(Attendance Upto 75%, 1 mark; 75 < Attd. < 80, 2 marks; 80 < Attd. < 85, 3 marks; 85 < Attd. < 90, 4 marks; 90 < Attd., 5 marks).

End Semester Practical Examination (ESE):

The questions in practical examination will be of equal to 70 marks and will be of 3 hours duration. Distribution of marks in practical paper of an end-semester examination will be of 60% in performance of experiment, 20% in record/note book and 20% in viva-voce.

Unit I: Psychophysics:

- (a) Measurement of D.L. for lifted weight and visual lengths.
- (b) Verification of weber's law for lifted weights and visual lengths by using the:-
 - (i) Methods of limit and
 - (ii) Constant stimuli method.

Unit II: Perception of time:

- (a) Filled and unfilled
- (b) Short and long interval

Unit III: Learning:

- (a) Incidental vs. Intentional learning
- (b) Serial position effect on learning

Unit IV: Forgetting:

- (a) Testing the phenomenon of retroactive inhibition.
- (b) Testing the phenomenon of proactive inhibition.

Unit V: Mental work and Fatigue:

- (a) Effect of fatigue on mental work
- (b) Effect of rest pause on mental work

BOOK RECOMMENDED

1. Mohsin, SM (1998). Experiments in Psychology. Patna: Motilal Banarsidas.
 2. Postman and Egan (1964). Experimental Psychology. New York: Harper and Bros.
 3. Woodworth and Scholsberg (1960). Experimental Psychology. New York: Ronal Press.
 4. Singh A. K. (2006). Advanced Psychological Experiments and Testing. Patna: Motilal Banarsidas Publication. (In Hindi).
 5. Suleman, M . (1996). Manovigyan Me Prayog aum Parikshan. Patna: Motilal Banarisidas. (In Hindi).
-

SEMESTER-II**COMPULSORY COURSE**

PSY-S-205	(SEC) COUNSELLING PSYCHOLOGY	5 Credits, 60 Lectures + 15 Tutorials
PSY-C-206	ABNORMAL PSYCHOLOGY	-do-
PSY-C-207	PERSONALITY THEORIES	-do-
PSY-C/P-208	PRACTICAL	5 Credits, 75x2 Lectures

Instruction to faculty members and Question Setter for:***Mid Semester Examination (MSE):***

*There will be **two** groups of questions in written examinations of 20 marks. **Group A is compulsory** and will contain five questions of **multiple type questions** consisting of 1 mark each. **Group B will contain descriptive type five** questions of five marks each, out of which any three are to be answered.*

*The Mid Semester Examination shall have three components. (a) Two Semester Internal Assessment Test (SIA) of 20 Marks each, (b) Class Attendance Score of 5 marks and (c) Day to Day & Extracurricular activities of 5 marks. "**Best of Two**" shall be applicable for computation of marks for SIA.*

(Attendance Upto 75%, 1 mark; 75 < Attd. < 80, 2 marks; 80 < Attd. < 85, 3 marks; 85 < Attd. < 90, 4 marks; 90 < Attd, 5 marks).

End Semester Examination (ESE): *There will be two groups of questions. Group A is compulsory and will contain two questions. Question No. 1(A) will be multiple type questions consisting of six questions of 1 mark each. Question No. 1(B) will be two short answer type of 4 marks. Group B will contain descriptive type eight questions of fourteen marks each, out of which any four are to be answered.*

PSY-S-205 Counselling Psychology**Unit I- Counselling:**

Definition, scope and goals of counselling; Counselling process; Counselling skills; Historical development; Current status; Counselling as a help in different professions

Unit II- Techniques of counselling:

Theory, methods, advantages and limitations of counselling; Psychodynamic approach- Freud, Jung, Adler; Neo- Freudians-Eric Erikson, Karen Horney; Humanistic Approach-Abraham Maslow; Phenomenological Approach- Carl Rogers

Unit III- Counselling Application:

Child and adolescents counselling; School and educational counselling; Genetic counselling; Family counselling; Career counselling; Substance abuse counselling; Counselling for elderly; Crisis intervention counselling

Unit IV- Ethical issues of Counselling:

Legal consideration in Counselling; Ethical consideration in Counselling

Unit V- Indian Approach to Counselling:

Yoga; Meditation in counselling

BOOK RECOMMENDED

1. Alam, Shah (2009). The Theory and Practice of Counselling. New Delhi: Global Vision Private Ltd.
2. Belkin, G.S. (1988). Introduction to Counselling. W . G.: Brown Publishers.
3. Ben, Ard, Jr. (Ed) (1977). Counselling and Psychotherapy: Classics on Theories and Issues. 4. New York: Science and Behaviour Books Co.
4. Brammer, L. M. and Shostrom, B. L. (1977). Therapeutic Psychology: Fundamental of Counseling Psychology (3rd Ed). Englowood Clifts: Prentice Hall.
5. Modden, G. R. (1988). Legal Issues in Social Work: Counselling and Mental health. Thousand Oaks: Sage Publication.
6. Nelson, J (1982). The Theory and Practice of Counselling Psychology. New York: Holt, Rinehart and Winston.
7. Udupa, K. N. (1985). Stress and its Management by Yoga. Delhi: Motilal Banarsi Das.
8. Windy, D. (1985). Counselling in Action. New York: Sage Publication.
9. Yalom, I. D. (1980). Existential psychotherapy. New York: Basic Books.

PSY-C-206 Abnormal Psychology

Unit I: Models of abnormal behavior:

Psychodynamic Model; Humanistic Model; Biological Model; Socio-cultural Model

Unit II: Psychosomatic disorders:

Nature, Types of Psychosomatic disorder- Hypertension, Gastro-Intestinal disorder, Asthma, Peptic ulcers; Skin disorder and Endocrine disorder-
Clinical picture, Etiology and Treatment

Unit III: Anxiety Disorders:

Panic disorder; Phobia; Generalized anxiety disorder; Post-Traumatic disorder;
Obsessive-Compulsive disorder – Clinical signs and symptoms, Etiology and
Management

Unit IV: Schizophrenic disorder:

Meaning and definition, Symptoms, Clinical features, Etiology and management.

Mood disorders:

Meaning and definition, Types, Symptoms, Etiology and management

Unit V: Personality disorder:

Types- Anti-social, Narcissistic, Histrionic and Borderline personality disorder-
Nature, Etiology and treatment

Mental retardation:

Classification, Etiology and management

BOOK RECOMMENDED

1. Oltman TF and Emery RE (1995) Abnormal psychology. New Delhi: Prentice Hill of India Pvt. Ltd.
2. Kisker, G.W (1985). Disorganized personality. New Delhi: Mc Graw Hill.
3. Adams. HE and Sutkar, P.B (1984) Comprehensive Hand Book of Psychopathology.
4. Gmer , R.J (1998). Fundamentals of Abnormal Psychology. Newyork:WH Frenchman and Co.
5. Singh A.K. (2002). Adhunik Asamnaya Manovigyan. Patna Motilal:Banarsidas.
6. Q.G. Alam and Srivastava, A. (2012). Apsamanya Manovigyan. Azamgarh:Motilal Banarisidas.
7. Sinha, R.R.P. and Mishra, B.K. (2006) Asamanya Mnovigyan: Bharti Bhavan (Publishers & Distributers).
- 8.Singh, L. and Tiwari, G. (1981) Asamanya Manivigyan: Binod Pustak Mandir (Publisher), Agra.

PSY-C-207 Personality Theories

Unit I: Personality:

Concept; Approaches- Ideographic and Nomothetic; Types and trait Theory; Indian approaches to personality

Unit II: Psychodynamic Theories:

(a) Psychoanalytic Theory:

Freud; Adler; Jung

(b) Neo—Freudian Theory:

Lewin's field theory; psychosocial theory of Erikson; Eric Fromm's Sociological theory and Interpersonal theory of Karen Horney

Unit- III: Social Learning Theory:

Dollard and Miller; Bandura

Unit- IV: The Humanistic Theories:

Carl Rogers' Self theory; Maslow's Self- Actualization theory; Murray's need theory

Unit-V (a) Determinates of personality:

Biological; Socio-cultural and, Economic factors.

(b) Measurement of Personality:

Personality Inventories- MMPI, Cattell's 16 personality factor
Projective Tests- RT, TAT

BOOK RECOMMENDED

1. Bisoff, L.J (1970). Interpreting Personality Theories. New York: Harper and Roe.
2. Hall C.S and G. Lindzey (1978). Theories of Personalities (III Ed.) New York: J Wiley and Sons.
3. Hjelle L.A and Zeigler D.J (1991). Personality Theories : Basic Assumptions, Research and Applications (2nd ed). International Students Edition.
4. Srivastava Ramji, et al. (2012). Personality Psychology. Agamgarh: Motilal Banarsidas. (Hindi version).
5. Singh, A.K. (2007). Vyaktitva ka Manovigyan. Patna: Motilal Banarsidas.
5. Rahman, A.R. (1998). Samanya Manvigyan: Vishay Evam Vyakhya. Patna: Motilal Banarsidas. (In Hindi)
7. Singh, A.K. (2002). Sangyanatamak Manovigyan. Patna: Motilal Banarsi Das. (In Hindi)

PSY-C/P-208 Practical (Testing)

Instruction to faculty members and Question Setter for:

Mid Semester Practical Examination (MSE):

The Mid Semester Examination shall have three components. (a) Two Semester Internal Assessment Test (SIA) of 20 Marks each of 3 hours duration (b) Class Attendance Score of 5 marks and (c) Day to Day & Extracurricular activities of 5 marks. “Best of Two” shall be applicable for computation of marks for SIA.

(Attendance Upto 75%, 1 mark; 75 < Attd. < 80, 2 marks; 80 < Attd. < 85, 3 marks; 85 < Attd. < 90, 4 marks; 90 < Attd, 5 marks).

End Semester Practical Examination (ESE):

The questions in practical examination will be of equal to 70 marks and will be of 3 hours duration. Distribution of marks in practical paper of an end-semester examination will be of 60% in performance of experiment, 20% in record/note book and 20% in viva-voce.

Unit I: Intelligence tests:

- (i) Portus maze test

- (ii) Jalota;s test of group Mental ability
- (iii) Raven's Progressive Matrices
- (iv) Weschler's Intelligence Scale (Adult)

Unit II: Personality Test:

- (i) Castell's 16 PF Questionnaire
- (ii) Jung's Word Association Test
- (iii) Thematic Apperception Test
- (iv) Rorschach Test

BOOK RECOMENDED

1. Anastasi (1998) Psychological Testing. New York, Mc.Millian
 2. Singh A. K. (2006). Advanced Psychological Experiments and Testing. Patna: Motilal Banarsidas Publication. (In Hindi).
 3. Suleman, M . (1996). Manovigyan Me Prayog aum Parikshan. Patna: Motilal Banarisidas. (In Hindi).
-

SEMESTER-III**OPEN ELECTIVE/ CORE COURSE**

PSY-A- 309	OPEN ELECTIVE HEALTH PSYCHOLOGY	5 Credits, 60 Lectures + 15 Tutorials
PSY-C- 310	STATISTICS IN PSYCHOLOGY	-do-
PSY-C- 311	DEVELOPMENTAL PSYCHOLOGY	-do-
PSY-C/P- 312	PRACTICAL	5 Credits,75x2 Lectures

Instruction to faculty members and Question Setter for:***Mid Semester Examination (MSE):***

There will be two groups of questions in written examinations of 20 marks. Group A is compulsory and will contain five questions of multiple type questions consisting of 1 mark each. Group B will contain descriptive type five questions of five marks each, out of which any three are to be answered.

The Mid Semester Examination shall have three components. (a) Two Semester Internal Assessment Test (SIA) of 20 Marks each, (b) Class Attendance Score of 5 marks and (c) Day to Day & Extracurricular activities of 5 marks. "Best of Two" shall be applicable for computation of marks for SIA.

(Attendance Upto75%, 1mark; 75<Attd.<80, 2 marks; 80<Attd.<85, 3 marks; 85<Attd.<90, 4 marks; 90<Attd, 5 marks).

End Semester Examination (ESE): *There will be two groups of questions. Group A is compulsory and will contain two questions. Question No. 1(A) will be multiple type questions consisting of six questions of 1 mark each. Question No. 1(B) will be two short answer type of 4 marks. Group B will contain descriptive type eight questions of fourteen marks each, out of which any four are to be answered.*

PSY-A-309 Health Psychology

Unit I: Introduction:

Definition, scope and application of health psychology; Mind- Body relationship; Gender and Health; Role of psychology in health

Unit II: Models of Health:

Religious, Biomedical, Psychosomatic, Humanistic, Existential and Transpersonal model

Unit III: Stress, Personality and Social support as Psycho- Social Linkages of ill health:

Cardio-vascular disorders; AIDS/HIV; Diabetes mellitus; Pain; Cancer

Unit IV: (a) Health Promotion and Disease Prevention:

Behavioral risk factor: Smoking, drug and alcohol use, unsafe sexual behaviour, diet, sedentary life style; Development of health habits and/ or reduction of unhealthy behavior;

(b) Conditions/ Resources promoting and maintaining health:

Biological; Socio-Cultural; Psychological; Economic and; Spiritually-oriented interventions

Unit V- Mental health:

Definition and characteristics of mental health; components of mental health; Factors influencing mental health; Techniques of promoting mental health-Yoga, Health Education (awareness) and, Exercises; Maintaining Physical hygiene and cleanliness

BOOK RECOMMENDED

1. Aboud, F.E (1998). Health Psychology in Global Perspectives. Thousand oaks, C.A:sage.
2. Brannan, L and Feist, J. (1996). Health Psychology: An Introduction to Behaviour and Health. Pacific Groove: Books cole.
3. Broome, A.K. and Llewellyn, S. (1995). Health psychology. London: Champan and Hall.
4. Camic, P and Knights (Eds.) (1988) Clinical Hand Book of Health Psychology. Scattle: Hogiefe and Huber.
5. Chopra, C. and Payne, R. (Eds.) (1991). Personality and Stress: Individual Difference in Stress Process. Chichester: Wiley.
6. Friedman, G. (Ed.) (1999). Psychology: Perspectives on stress and health. New Delhi: Concept.
7. Pestonjee, D.M. (1991). Stress and Coping: The Indian Experience. New Delhi: Sage.
8. Sarafino, E.P (1994). Health Psychology: Bio-psycho-social Interaction. New York: Wiley.
9. Speiberger, C.D. and Siason, I.g.(Eds.) (1996). Stress and Emotions. Anxiety. Anger and Curiosity, Vol. 16, Washington, D.C.: Taylor and Frances.
10. Tunks, E and Bellismo, A. (1991). Behavioral Medicine: Concepts and Procedures, Pergamon Press: USA.
11. Weinman, J, Johnston, M and Molloy, G. (2006). Health Psychology, Vol 1 to Vol 4,. Sage publications: Great Britain.
12. Sinha, S. (2006) Occupational Stress..... Coal Miners, Recent Trends in Human Stress Management (Editted. Book), edited by Akbar Hussain & Md. Ilyas Khan, Published by Global Vision Publishing House, New Delhi-110002.

PSY-C-310 Statistics in Psychology

Unit 1: Introduction

Meaning, Types and application of statistics in psychology; Difference between parametric and non-parametric statistics; Measurement in psychology-Meaning, Level of measurement, Use of measurement; Difference between psychological and physical measurement

Unit II: The Normal Distribution:

Nature and properties of Normal distribution curve; Application of normal distribution curve

Deviations from normality:

Skewness and its type; Kurtosis and its type

Unit III: Measurement of co-efficient of correlation:

Nature, Types and Utility of correlation; Methods of computation of correlation-

- (i) Pearson's product moment correlation
- (ii) Biserial correlation method
- (iii) Point biserial correlation method

Unit IV: Testing Significance of the Difference between Means (t ratio):

What is t-ratio?; What is Null Hypothesis? Computation of t- value- For correlated and uncontrolled means; Interpretation of t- value; Degree of Freedom; Level of significance

Analysis of Variance (ANOVA):

Meaning, Assumptions and Applications; ANOVA- Simple and Complex

Unit V: Non-parametric statistics:

Testing Experimental Hypothesis (Chi-Square Test):

Meaning, Assumptions and Applications; Testing equal probability hypothesis; Testing Independence Hypothesis; Testing Normal Distribution Hypothesis

Some Important Non- Parametric Statistics:

Meaning, Assumptions and Uses of- Man Whitney U-test; Sign Test; Median Test; Kendall Coefficient of Concordance, W; Friedman's Two way Analysis of Variance

BOOK RECOMMENDED

1. Chadha, N . K and Sehgal, P. R. L. (1984). Statistical Methods in Psychology. New York: EEP.
2. Freeman FS (1976). Theory and Practice Of Psychological Testing. New Delhi: Oxford BH Pub Co.
3. Garrett, HE (1991). Statistics in Psychology and Educations. Bombay: Allied Pacific Pvt. Ltd.
4. Guilford, JP (1987). Psychometric Methods. New Delhi: Tata McGraw Hill.
5. Kurtz, A.K, and Mayo, M.T. (1979). Statistical Methods in Education and Psychology. New York: Springer-Verlag.
6. Mohsin, SM (1992). Fundamental Statistics in Behavioural Sciencece. Patna: Motilal Banarsidas.
7. Sidney, Sigel and Costellan, N. John (1988). Non-parametric Statistics for the Behavioural Sciences. New York: McGraw Hill Book Company.

PSY-C-311 Developmental Psychology

Unit I: Developmental Psychology:

Definition, nature and scope of Developmental Psychology; Aims and Uses of Development Psychology; Methods of Developmental Psychology; Developmental stages; Nature vs. Nurture

Unit II: Sensory and Motor Development:

Meaning and kinds of sensory development, Factors influencing sensory development

Motor Development:

Meaning and Principles of motor development; Sequence of motor development; Factor influencing motor development; Jean Piaget's theory of sensory- motor development

Unit III: Speech Development:

Meaning; Forms of pre-speech; Stages of speech development,
; Factors influencing Speech development

Unit IV: Emotional development:

Meaning and Common emotional Patterns; Pattern of emotional development;
Factors influencing Emotional development

Unit V- Social development:

Meaning; Forms of social behaviour characteristics; Stages of social development;
Factors influencing social development

Play Behaviour:

Meaning and criteria of play behaviour; Theories of play; Importance of play
behaviour; Factors influencing children's play

BOOK RECOMENDED

- 1 Berk -; child development.
- 2 Bee and Byod -; Developing Child
- 3-Hurlock-;; Child Psychology
- 4-Liebert Polous,and Marmor-; Developmental Psychlogy
- 5-Ramjee Srivastav and others-; Adhunik Vikasatmak Manovigyan
- 6--RRP, Sinha, Child Development
7. Singh, A.K. (1995) Saral Vikasatmak Ewam Samaj Manovigyan. Motilal Banarsidas, Patna.

PSY-C/P- 312 Practical

Instruction to faculty members and Question Setter for:

Mid Semester Practical Examination (MSE):

The Mid Semester Examination shall have three components. (a) Two Semester Internal Assessment Test (SIA) of 20 Marks each of 3 hours duration (b) Class Attendance Score of 5 marks and (c) Day to Day & Extracurricular activities of 5 marks. “Best of Two” shall be applicable for computation of marks for SIA.

(Attendance Upto 75%, 1 mark; 75 < Attd. < 80, 2 marks; 80 < Attd. < 85, 3 marks; 85 < Attd. < 90, 4 marks; 90 < Attd., 5 marks).

End Semester Practical Examination (ESE):

The questions in practical examination will be of equal to 70 marks and will be of 3 hours duration. Distribution of marks in practical paper of an end-semester examination will be of 60% in performance of experiment, 20% in record/note book and 20% in viva-voce.

UNIT I: Retroactive Inhibition:

- (a) As a function of similarity between original learning and interpolated learning.
- (b) As a function of the strength of the original learning and interpolated learning.

UNIT II: Motivation:

- (a) Zeigarnik Effect
- (b) Level of Aspiration

Unit III: Attention:

- (a) Span of Attention
- (b) Distraction of Attention

UNIT IV: Reaction Time:

- (a) Simple and Complex RT.

(b) Choice and Discriminative RT.

UNIT IV: Work and Fatigue:

- (a) Effect of Practice on Muscular Work (Ergograph)
- (b) Effect of Fatigue on Muscular Work (Ergograph)

BOOK RECOMMENDED

1. Collins and Drever (1976). *A First Laboratory Guide to Psychology*. New York : Academic Press.
2. Postman, L and Egan JP (1949). *Experimental Psychology: An Introduction*. New York: Harper and Row.
3. Underwood, B. J. (1949). *Experimental Psychology*. New York: Appleton-Century – Crofts.
4. Woodnorth and Scholsberg (1954). *Experimental Psychology*. New York : Hall, Rinchart and Winston Inc.
5. Singh, A.K. (2006). *Advanced Psychological Experiments and Testing (In Hindi)*
6. Suleman, M. (2005). *Manovigyanik Prayog Evam Parikshan. Patna: Motilal Banarsidas. (In Hindi)*

SEMESTER-IV**DISCIPLINE CENTRIC ELECTIVE THEORY/PRACTICAL**

PSY-E- 413A/ PSY-E- 413B/ PSY-E- 413C	ORGANIZATIONAL PSYCHOLOGY CLINICAL PSYCHOLOGY EDUCATIONAL PSYCHOLOGY	5 Credits, 60 Lectures + 15 Tutorials
PSY-E- 414A/ PSY-E- 414B/ PSY-E- 414C	ENVIRONMENTAL PSYCHOLOGY PSYCHOLOGY OF CRIMINAL BEHAVIOUR POSITIVE PSYCHOLOGY	-do-
PSY-E/P-415A/ PSY-E/P-415B/ PSY-E/P-415C	PRACTICAL PRACTICAL PRACTICAL	5 Credits, 75x2 Lectures
PSY-D-416	DISSERTATION/ PROJECTS	5 Credits, 150 Lectures

PSY-E- 413(A) Organizational Psychology**Unit I: Organizational Psychology:**

Nature and definition; Meaning and elements of Organizational behaviour; Organizational structure and its type; Theories of Organization-Classical theory, Neo-classical theory, Modern theory

Unit II: Problem of Employees:

Employers and employees relationship; Leadership skills; Qualities of a successful supervisor; Training of a supervisor; Employee Counselling

Unit III: Communication:

Meaning and nature of communication; Communication-Process Model; Communication Networks; Communication Flow; Barriers to communication and, Measures of effective communication

Unit IV: Job Satisfaction and Incentive:

Concept and determinants; Theories of job satisfaction- Maslow, Vroom, Herzberg, Stogdill; Measurement of job satisfaction; Methods to improve job satisfaction.

Unit V: Organizational culture and Work Environment:

Meaning and characteristics of organizational culture; Creation and Maintenance of organizational culture; Learning culture in organization; Work environment- Physical environment of work- Illumination, Atmospheric conditions, Noise

BOOK RECOMMEND

1. Blum and Naylor (1968). Industrial Psychology: Its theoretical Social Foundation. Tokyo: Whetter Hill.
 2. Dunnette, MD (1976). Handbook of Industrial and Organizational Psychology. Chincgo: Rand Mc Nally.
 3. Mohanty, S (1983). Text Book of Industrial and Organization Psychology. New York: Oxford and IBH Publishing Company.
 4. Robbins, SP (2001). Organizational Behaviour. (IX edition). New Delhi: Pearson Education.
- Schein, E.H. (1997). Organizational Psychology. New Delhi: Prentice Hall of India.

PSY-E- 413 (B) Clinical Psychology

Unit- I: Foundation of Clinical Psychology:

Concept, aims of clinical psychology; Application of clinical Psychology; Current status of clinical psychology

Unit II: Clinical Psychologists in Action:

Their roles in child guidance clinics, Industrial and vocational guidance clinics, Educational institutions, Mental hospitals and, Penal institutions

Unit III: Psycho-diagnosis:

Meaning; Technique- The clinical interview; The case history; Mental status examination; Diagnostic/ Psychological test; Classificatory system- DSM, ICD

Unit IV: Skills of Therapist:

Listening, Leading Summarizing, confronting, interpreting and informing; Ethical issue in psychotherapy; Client-therapist relationship

Unit V: Psychotherapies:

Psychoanalytically oriented therapies- Freud, Jung Adler

Re-educative therapies- Behaviour therapy; Cognitive therapy; Client- centered therapy

Re-educative group therapies-Mechanism of group therapy with a focus on group processes (a) Psychodrama (b) Family therapy

Supportive Therapies- Milieu therapy; Inspirational group therapy; Creative art therapy
Rehabilitation and Occupational therapy

BOOK RECOMMENDED

1. Alam, Shah (2009). Basics of Guidance and Counselling. New Delhi: Global Vision Publishing House.
2. Beinstein, Douglas A and Neitzel, Michael T (1987). Introduction to Clinical Psychology. New York: Academic Press.
3. Kaplan, H. I. and Sadock, B. J. (1988). Comparative Test Book of Psychiatry, (5th edition). Baltimore : W. Wilkins.
4. Krochin, Shelden, J (1982). Modern Clinical Psychology. New Delhi : CBS Publication.
5. Wolpe, R and W Dryden (ed.) (1996). Hand Book of Counselling Psychology. New Delhi: Sage
6. Wolberg, L. R. (1988). The Techniques of Psychotherapy (IV ed.). Vol. I and Vol. II. Philadelphia : Grune and Stratton Inc.
7. Hassan, S (2000). Naidanik Manovigyan. Patna: Motilal Banarsidas. (In Hindi)

PSY-E-413 (C) Educational Psychology

Unit I: Concept of Education:

Definition and aims, Scope of educational psychology, Significance and, Limitations of Education Psychology

Unit II: Class room teaching:

Special plans of students grouping for classroom teaching; The problem of individual differences; Different plans and their psychological aspects; Heterogeneous group. Inter class grouping, individual instruction, Homogenous grouping

Unit III: Education for exceptional children.

Meaning and characteristics of exceptional children; Advantage and disadvantages of labeling exceptional children; Gifted children education; Adjustment of gifted and talented children.

Unit IV: Educational for Special Children:

Adjustment and education of children with attention deficit disorder (ADD); Attention deficit hyperactivity disorder (ADHD); Adjustment and education of children with hearing impairment

Unit V: Educational Technology and Programmed Training:

Meaning and importance of educational technology; Meaning of programmed learning; Skinner's view points towards programmed learning

Digital Learning:

Google classroom, White board, Edmodo etc.

BOOK RECOMMENDED

1. Divesta and Thompson (1985). Educational Psychology. New York Appleton Centry.
2. Fraudsem, AN (1961). Educational Psychology. New York Mc Graw Hill.
3. Lindgren, H. (1976). Educational Psychology in the classroom. Hong Kog: John Wiley.

4. Rao, S. Narayan (2002). Educational Psychology. New Delhi: New Age International (P) Limited Publishers.
5. S. S Chauhan (1984). Advanced Educational Psychology. New Delhi: Vikas Publishing House Pvt. Ltd.
6. Skinner, CE (2002). Educational Psychology. New Delhi: Prentice Hall of India Ltd.

PSY-E- 414 (A) - Environmental Psychology

Unit 1: Introduction:

Definition and subject matter; General orientation of nature and environment; Method - Survey research, Field studies, Experimental method

Unit II: Theoretical Approach:

Environmental behaviour theories; Environmental load theory; Behavioural constraint theory; Barker's Ecological theory; Environmental Stress theory

Unit III: Social issues in environmental psychology:

Crowding; Nature of crowding; Theories of crowding; Effect of crowding on human behavior

Unit IV: Environmental stress and management:

Environmental stress - Nature and characteristics; Natural hazards; Man-made hazards; Technological hazards; Consequences and its management

Unit V: Pollution:

Nature and types- Noise Pollution, Air Pollution, Water Pollution; Factors associated to the pollution; Psychological and physical consequences and management.

Psychological approaches to planning:

Concept of environmental management; Psychosocial phenomena; Planning and built environment

BOOK RECOMMEND

1. Bann, A, Singer, J. and Valin, S. (1978). *Advances in Environmental Psychology*. New York: Eribaum.
2. Ittelson, W.H. et al. (1974). *An Introduction to Environmental Psychology*. New York: Rinehart and Winston.
3. Jain, Udai (1985). *The Psychological Consequence of Crowding* New York: Sage.
4. Stokols, D. and Altman (1987). *Handbook of Environmental Psychology*. (Eds). New York: Wiley.
5. Stokols, D. (Ed) (1977). *Perspectives on Environment and Behaviour*. New York: Sage.

PSY-E - 414 (B) Psychology of Criminal Behaviour

Unit I: Introduction:

Definition of crime and Criminal Psychology; Historical perspective of criminal behaviour; Types of crime

Unit II: Technique of studying criminal behaviour:

Observation with special reference to Participant Observation; The case study; The Interview

Unit III: Analysis of Crime:

Biological; Socio-cultural; Economical; Psychological; Environmental and, Family factor

Aggression and Crime:

Theory behind aggressive behaviour – Instinct theory; Drive Theory; Cognitivetheory; Social learning theory

Unit IV: Juvenile Delinquency- Nature, causes, reformative measures;

Substance abuse- Nature, factors, treatment;

Terrorism- Concept, genesis, development and reformative measures;

Specific offences- Domestic violence, Suicide and Homicide, Cyber-crime – Nature, factor and prevention

Unit V: Prevention and Control of Crime:

Preventive measures; The Law enforcement; Voluntary agencies, Moral education; Yoga

BOOK RECOMMENDED

1. Feldman, M. P. (1997) Criminal behaviour: A Psychological Analysis. London Wiley.
2. Kushner, W. W. (1990) The Future of Terrorism: New Delhi. Wheeler Pub. Co.
3. Reid, S. T. (1979) Criminal and Criminology. New York: Halt Rineart & Whisler.
4. Weis, J.C.; R.D. Cruchfield, G.S.: Bridges (1996) Juvenile Delinquency. New Delhi: Sage Pub.
5. Madan, G.R. (2002) Indian Social Problems. Vol. (1) New Delhi: ALLIED Pub.
6. Ahuza, R. (2002) Social Problems in India. Rawat Pub. Jaipur.
7. Akhilesh, S. (2000) Balapradh. New Delhi. Classical.

PSY-E - 414 (C) Positive Psychology

Unit I: Wellbeing:

Introduction to Positive psychology: Happiness and wellbeing; Types of wellbeing- Hedonic and Eudemonic; Impact of wellbeing on behavior and personality

Unit II: Strength:

Identifying and measuring strengths; Character strength; Positive self, traits, emotional strength and flow; Self growth; Strength based development and engagement

Unit III: Health:

Health promoting and health compromising behaviours; Life style and chronic disease

Unit IV: Promoting positive relationships:

Compassion, Forgiveness, Gratitude, Empathy

Unit V: Applications of positive psychology:

Ageing, Health, Work, Education, Environment; Positive being and growth-
Mindfulness; Yoga; Meditation; Buddhist philosophy; Positive psychology of hope and
resilience; Post-traumatic growth

BOOK RECOMMENDED

1. Carr, A. (2008) Positive Psychology: The science of happiness and human strengths. New Delhi: Routledge.
2. Haidt, J. (2006). The happiness hypothesis: Finding modern truth in ancient wisdom. New York: Basic Books.
2. Huppert, F.A.; Baylis, N. & Keverne, B. (2005). The science of wellbeing. Oxford: Oxford University press.
4. Lyubomirsky, S. (2007). The show of happiness: A scientific approach to getting the life you want. New York: Penguin.
5. Peterson, C. (2006). A primer in positive psychology. New York: Oxford university press.
6. Seligman, M.E.P. (2002). Authentic happiness. New York: Free Press.

PSY-E/P - 415 (A) Practical

(Test related to organizational Psychology)

- (a) The Occupational Stress Index (OSI) Scale by A.K. Srivastava and A.P. Singh
- (b) Coping Strategies Test by A.K.Srivastava
- (c) Job Satisfaction Scale (JSS) by Amar Singh and T.R. Sharma
- (d) Job Involvement Scale by A.P. Singh & R. Kapoor
- (e) Organizational Climate Inventory (OCI Form B) by Somnath Chattopadhyaya and K.G. Agarwal
- (f) Managerial Aptitude Scale (MAS) by Santosh DHAR, Upindar Dhar and Priyanka Sharma
- (g) Employee's Motivation Scale by A.K, Srivastava
- (h) Employee's Mental Health Inventory (EMHI) by Jagdish

BOOK RECOMMENDED

1. Anastasi (1998) Psychological Testing. New York, Mc.Millian
2. Singh A. K. (2006). Advanced Psychological Experiments and Testing. Patna: Motilal Banarsidas Publication. (In Hindi).
3. Suleman, M . (1996). Manovigyan Me Prayog aum Parikshan. Patna: Motilal Banarisidas. (In Hindi).

PSY-E/P- 415 (B) Practical**(Test related to clinical Psychology)**

- (a) Beck Depression Inventory by Arron Beck
- (b) Aggression Scale (AS) by G.P.Mathur & Rajkumari Bhatnagar
- (c) Ego Strength Scale by Q. Hasan
- (d) State Trait Anxiety Test (STAT)
- (e) Bell's Adjustment Inventory by S.M. Mohisin & Samshad
- (f) Marital Adjustment Questionnaire by P. Kumar & Kanchan Rohtagi
- (g) Sack's Sentence Completion Test
- (h) PGI Health Questionnaire N-1 (PGIHQN-1) by S.K. Verma, N.N. Wig & D. Prashad

BOOK RECOMMENDED

1. Anastasi (1998) Psychological Testing. New York, Mc.Millan

PSY-E/P- 415 (C) Practical

(Test related to General health and Environment)

- (a) Rotter's Locus of Control Scale by Anand Kumar and S.N. Srivastava
- (b) Self- Concept Inventory by O.N. Srivastava
- (c) PGI Social Support Scale by S.K. Verma, P. Kulhara & Ritu Nehra
- (d) The Emotional Maturity Scale (EMS) by R.R.Tripathi
- (e) Life Satisfaction Scale (LSS) by Q.G. Alam & R. Srivastava
- (f) PGI Quality of Life Scale by S.K.Verma & A.C.Moudgil
- (g) Weinstein's Noise Sensitivity Scale (WNSS) (Shore Samvedi Mapak) by P. Bhatia, S. Malhotra
& I.S.Muhar
- (h) Environment Awareness Scale (EAS) by Haseen Taj

BOOK RECOMMENDED

1. Anastasi (1998) Psychological Testing. New York, Mc.Millan

PSY-D-416 Dissertation/ Project

Students will be allotted problems from different fields of psychology. The students will have to work under the supervision of a teacher of the department. They will have to select a problem in consultation with their supervisor. Sample size should not be less than 60 and two scales should be administered on the sample. The collected data will have to be analyzed and interpreted in the light of aims and objectives formulated earlier. The students will be required to submit electronically typed two copies of hardbound dissertation along with the raw data on week before the examination.

Evaluation will be made by one external examiner and one internal examiner at the time of viva-voce examination. The date of viva-voce examination will be announced with the date of practical examinations.

Guidelines to Examiners for:

- *Mid-Semester/Internal Assessment Examination = 30 marks*
- *End Semester Examination: Project model (if any) and the Project record notebook, Project presentation and viva-voce = 70 marks
(Jointly conducted by One External & One Internal Examiners)*

Annexure-1**Research Methodology (Common for All Faculties)****M.A./M.Sc./M.Com. Courses****Semester-IV****Paper Code: PSY-D-416**

Mid Semester Examination (MSE): There will be **two** groups of questions in written examinations of **30 marks**. **Group A is compulsory** and will contain ten questions of **multiple type questions** consisting of **1 mark** each. **Group B** will contain **descriptive type eight questions** of **five** marks each, out of which any **four** are to be answered.

Broad topics of the syllabus are as under:

Introduction of Research Methodology: Meaning of Research, Objectives of Research, Research Methods

Types of Research: Descriptive vs. Analytical Research, Applied vs. Fundamental Research, Quantitative vs. Qualitative Research, Conceptual vs. Empirical Research

Research Process: Basic Overview; Literature Review; Formulating the Research Problem, Hypothesis, Research Questions, Research Methodology

Data Collection: Primary and Secondary Data, Sampling Method, Observation Method, Interview Method, Questionnaires, Case Study Method, Historical Method, Processing and Analysis of Data, Interpretation of Data/Results, Conclusions/Findings.

Research Writing: Synopsis, Article/Research Paper, Research Project, Thesis, Dissertation, Book, Book-Review, Case Review, Criteria of Good Research, Plagiarism

Citation Style & Methods: MLA, APA, Foot Note, Text Note, End Note, Footnotes, Bibliography, References

Reference Books:

- a) Best and Kahn, Research Methodology, PHI Limited.
- b) Kothari, C.R. Research Methodology (Methods and Techniques), New Age Publisher.

Annexure-2**Format of question Paper of Mid-Semester Theory Examination***Copyright Reserved***Binod Bihari Mahto Koyalanchal University, Dhanbad****Mid-Semester Examination xxxx (Session: xxxx-xx)****Subject/Code:**

Full Marks: 20

Pass Marks: 08

Time: 1.5 Hours

General Instructions:

Candidates are required to give their answers in their own words as far as practicable.

The Questions are of equal value.

Answer any five questions of the following in which Q.1 is compulsory.**Group A****1. Multiple Choice Questions****(1x5=05)**

- (i)
- (ii)
- (iii)
- (iv)
- (v)

Group B**(Descriptive answer type questions)****Answer any three of the following.****(5x3=15)**

2.
3.
4.
5.
6.

X

Note: The Mid Semester Examination shall have three components. (a) Two Semester Internal Assessment Test (SIA) of 20 Marks each, (b) Class Attendance Score of 5 marks and (c) Day to Day & Extracurricular activities of 5 marks. "**Best of Two**" shall be applicable for computation of marks for SIA.

(Attendance Upto 75%, 1 mark; 75 < Attd. < 80, 2 marks; 80 < Attd. < 85, 3 marks; 85 < Attd. < 90, 4 marks; 90 < Attd., 5 marks).

Format of question Paper of End-Semester Theory Examination

Copyright Reserved



Binod Bihari Mahto Koyalanchal University, Dhanbad

End-Semester Examination xxxx (Session: xxxx-xx)

Subject/Code:

Full Marks: 70

Pass Marks: 28

Time: 3Hours

General Instructions:

Candidates are required to give their answers in their own words as far as practicable.

The Questions are of equal value.

Answer any five questions of the following in which Q.1 is compulsory.

Group A

1. (A) Multiple Choice Questions (1x6=06)

- (i)
- (ii)
- (iii)
- (iv)
- (v)
- (vi)

(B) Short answer type questions (4x2=08)

- (a)
- (b)

Group B

(Long answer type questions)

Answer any four of the following. (14x4=56)

- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.

9. Short notes type questions (7x2=14)

- (a)
- (b)
- (c)
- (d)

