

**CHOICE BASED CREDIT SYSTEM (CBCS)**

**PSYCHOLOGY**

**B.A. HONOURS SEMESTER-I, II, III, IV, V & VI  
PROGRAMME**



**UNIVERSITY DEPARTMENT OF PSYCHOLOGY**

**KOLHAN UNIVERSITY**

**CHAIBASA**

**YEAR-2017**

**B.A. PSYCHOLOGY HONOURS**

**KOLHAN UNIVERSITY, CHAIBASA**

<b>Semester</b>	<b>Subject Code</b>	<b>Course name</b>	<b>Full Marks</b>	<b>Credits</b>	
<b>I</b>	Core Course 1	Foundation of Psychology	70	4	20
	Core Course 2	Statistical Methods in Psychology-I	70	4	
	Core Course Practical-1	Practical	60	4	
	Generic Elective 1		70	4	
	Generic Elective (T/P)		30	2	
	AECC 1 (Compulsory)	MIL Communication	50	2	
<b>II</b>	Core Course 3	Biopsychology	70	4	20
	Core Course-4	Psychology of Individual Differences	70	4	
	Core Course Practical-2	Practical	60	4	
	Generic Elective -2		70	4	
	Generic Elective (T/P)		30	2	
	AECC 2 (Compulsory)	Environmental Science	50	2	
<b>III</b>	Core Course 5	Emergence and Growth of Psychology	70	4	26
	Core Course 6	Research Methods in Psychology	70	4	
	Core Course 7	Social Psychology	70	4	
	Core Course Practical-3	Practical	90	6	
	Generic Elective 3		70	4	
	Generic Elective (T/P)		30	2	
	SEC 1	Communicative English	50	2	

IV	Core Course 8	Psychological Disorders	70	4	26
	Core Course 9	Statistical Methods in Psychology-II	70	4	
	Core Course 10	Applied Social Psychology	70	4	
	Core Course Practical- 4	Practical	90	6	
	Generic Elective 4		70	4	
	Generic Elective (T/P)		30	2	
	SEC 2	Personality Development	50	2	
V	Core Course 11	Therapeutic Interventions	70	4	24
	Core Course 12	Developmental Psychology	70	4	
	Core Course Practical-5	Practical	60	4	
	DSE 1	Positive Psychology	70	4	
	DSE 2	Health Psychology	70	4	
	DSE Practical-1	Practical	60	4	
VI	Core Course 13	Organizational Behavior	70	4	24
	Core Course 14	Counseling Psychology	70	4	
	Core Course Practical-6	Practical	60	4	
	DSE 3	Community Psychology	70	4	
	DSE Practical-2	Practical	30	2	
	DSE -4 Project	Project work	100	6	
<b>Total Credit</b>				140	140

## Semester-I

### PSYC CC-1 FOUNDATION OF PSYCHOLOGY

Total Marks-70

Times-3 hours

**Ten** objective type questions (MCQ/ True-false /Fill in the blanks etc) for **Two marks** each. **Eight** short answer (250 Words) type questions of which **Four** have to be answered for **Five** marks each. **Four** questions of long answer (400 Words) type of which **Two** have to be answered for **Fifteen** marks each.

#### UNIT-I: INTRODUCTION

- Definition, subject matter and scope of psychology.
- Methods of psychology-experiment, observation, interview.
- Branches of psychology-Social, Clinical, Organizational and Educational Psychology.
- Development of psychology in India.

#### UNIT-II: PERCEPTION:

- Process of perception
- Perceptual organization.
- Determinant of perception.
- Perceptual consistencies.
- Depth perception
- Perception of distance and movement.
- Illusion and hallucination.

#### UNIT-III: LEARNING AND MOTIVATION

- The concept of learning
- Methods of learning
- Theories of learning-Thorndike's connectionism, Pavlov's conditioning, Kohler & Kofka's insight theory.
- Motivation; concept and types
- Role of motivation in learning.
- Conflict among motives.

#### UNIT-IV: MEMORY

- Concept of memory: Ebbinghaus v/s Bartle's view.
- Types of memory: sensory memory, sensory memory, short term memory (STM) and long term memory (LTM).
- Factors improving memory.

- Forgetting: nature and causes
- Forgetting curve
- Retroactive inhibition.

### **Suggested Readings:**

1. **Charles F. Levinthal (2005):** Introduction to Physiological Psychology. Printice Hall of India Pvt.
2. **Hilgard, E. R., Atkinson, R.C., & Atkinson, R.L. (1975):** Introduction To Psychology, New Delhi: Oxford & IBH Publishing Co.
3. **Morgan, C.T., R.A., Weisz, J.R. & Schopler, J. (2006):** Introduction To Psychology, New Delhi: Tata Mc. Graw- Hill.
4. **Arun Kumar Sing (2012):** Uchhtar Samanya Manovigyan, Patna: Motilal Banarasi Das.
5. **Md Suleman (2012):** Samanya Manovigyan: Mool Prakriyaye Avam Sangyanatmak Prakriyaye, Patna: Motilal Banarasi Das.

## **Semester-I**

### **PSYC CC 02: STATISTICAL METHODS IN PSYCHOLOGY-I**

Total Marks-70

Times-3 hours

**Ten** objective type questions (MCQ/ True-false /Fill in the blanks etc) for **Two marks** each. **Eight** short answer (250 Words) type questions of which **Four** have to be answered for **Five** marks each. **Four** questions of long answer (400 Words) type of which **Two** have to be answered for **Fifteen** marks each.

### **UNIT-I: INTRODUCTION**

- What is Statistics
- Relevance of statistics in Psychological research.
- Parametric and non- parametric statistics.
- Level of measurement.

## **UNIT-II: GRAPHICAL PRESENTATION OF FREQUENCY DISTRIBUTIONS**

- The Histogram.
- The Frequency Polygon.
- The Cumulative Frequency.

## **UNIT-III: MEASURES OF CENTRAL TENDENCY**

- Uses and limitations of Mean, Median and Mode.
- Calculation of Mean, Median and Mode.

## **UNIT-IV: MEASUREMENT OF VARIABILITY**

- Properties and calculation of Range Quartile Deviation (Q.D), Average Deviation (A.D.) and Standard Deviation (S.D.).

## **UNIT-IV: NORMAL PROBABILITY CURVE**

- Nature and characteristics of Normal Probability Curve.

### **Reading List**

- Chadha, N.K. (1991). *Statistics for Behavioral and Social Sciences*. Reliance Pub. House: New Delhi
- Coolican, H. (2006). *Introduction to Research Methodology in Psychology*. London: Hodder Arnold.
- Gravetter, F.J. & Wallnau, L.B. (2009). *Statistics for the Behavioral Sciences* (9th Ed.). USA: Cengage Learning.
- King, B.M. & Minium, E.W, (2007). *Statistical Reasoning in the Behavioral Sciences* (5th Ed.). USA: John Wiley & Sons.
- Mangal, S.K. (2012). *Statistics in Psychology and Education* (2nd Ed.). New Delhi: PHI learning Pvt. Ltd.

## PSYC CC PRACTICAL- 1 (EXPERIMENT)

**Total Marks-60**

**Time – 04 Hours**

**Experiment - 40**

**Note book +Regularity-10**

**Viva-voce- 10**

*Any two experiments selecting one from each unit*

### **UNIT-I Sensory-Motor Learning**

- Bi-lateral transfer (Positive transfer)
- Habit interference (Negative transfer)

### **UNIT-II Verbal Learning**

*Memorizing non-sense syllable by the methods of:*

- Simple reproduction
- Serial reproduction
- Prompting and anticipation.

### **Readings:**

1. Mohsin, SM (1998). Experiments In Psychology. Patna: Motilal Banarasidas.
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 Banarasidas Publication. (In Hindi).
5. Suleman, M. (1996). Manovigyan Me Prayog aur Pariksan. Patna: Motilal Banarasidas. (In Hiondi).
6. M. R. D. Mato (2006). Experimental Psychology Methodology Psychophysics and Larning TMH Edition 15 Reprint (2006).
7. Stephen F Davis (2005). Handbook of Research Methods In Experimental Psychology, Edited By Steephen F Davis Blackwell Publishing 35, Main Street Maldon, NA 02148-5020 U.S.A.

# Semester-II

## PSYC CC - 03 BIO-PSYCHOLOGY

Total Marks-70

Times-3 hours

**Ten** objective type questions (MCQ/ True-false /Fill in the blanks etc) for **two marks** each. **eight** short answer (250 Words) type questions of which **four** have to be answered for **five** marks each. **four** questions of long answer (400 Words) type of which **two** have to be answered for **fifteen** marks each.

### UNIT-I: INTRODUCTION TO BIO-PSYCHOLOGY

- Nature and scope of Bio-Psychology.
- Methods of Bio-Psychology.
- Ethics

### UNIT-II:

- Structure and functions of Neurons.
- Neural condition and synaptic transmission.

### UNIT-III: NERVOUS SYSTEMS

Structure and functions of:

- Central Nervous System (CNS)
- Peripheral Nervous System (PNS)

### UNIT-IV: BEHAVIOURAL REGULATION

- Biological basis of Emotions, Learning, Memory and Human Communication (Speech); Functional abnormalities of neurotransmitter

### UNIT-V: NEURO-ENDOCRINE SYSTEM

- Structure, functions and abnormalities of major glands:
  - Pituitary, Thyroid and Adrenal glands.

Pancreas and Pineal.

## READINGS

Breedlove, S. M., Rosenzweig, M. R., & Watson, N. V. (2007) *Biological Psychology: An introduction to behavioral, cognitive, and clinical neuroscience*, 5th Edition. Sinauer Associates, Inc., Sunderland, Massachusetts.

Carlson, N. R. (2009) *Foundations of Physiological Psychology*, 6th Edition. Pearson Education, New Delhi.

Pinel, J. P. J. (2011). *Biopsychology*, 8th Edition. Pearson Education, New Delhi.

Singh, A.K. *Samany Maovigyan ki Ruprekha*, Motilal Banarsidas publication.

Singh, A.K. *Uchhtar Samany Maovigyan*, Motilal Banarsidas publication.

## Semester-II

### PSYC CC - 04 PSYCHOLOGY OF INDIVIDUAL DIFFERENCE

Total Marks-70

Times-3 hours

**Ten** objective type questions (MCQ/ True-false /Fill in the blanks etc) for **two marks** each. **eight** short answer (250 Words) type questions of which **four** have to be answered for **five** marks each. **four** questions of long answer (400 Words) type of which **two** have to be answered for **fifteen** marks each.

#### UNIT-I: PERSONALITY

- Nature of Personality
- Determinants of personality.
- Psychodynamic humanistic and social cognition approach.

#### UNIT-II: INTELLIGENCE

- Concept of intelligence
- Effect of heredity and environment on intelligence

- Emotional intelligence
- Intelligence tests.

### **UNIT-III: CULTURE AND PERSONALITY**

- Relation between culture and personality.
- Role of culture in the development of personality.
- Impact of personality on culture.

### **UNIT-IV: ENHANCING INDIVIDUAL POTENTIAL**

- Enhancing cognitive potential
- Self regulation and self enhancement
- Fastening creativity

### **READING LIST**

Carr, A. (2011): Positive psychology. Routledge.

Chadha, N.K. & Seth, S. (2014). The Psychological Realm: An Introduction. Pinnacle Learning, New Delhi.

Ciccarelli, S. K., & Meyer, G. E. (2010). Psychology: South Asian Edition. New Delhi: Pearson Education.

Matthijs Cornelissen, Girishwar Misra and Suneet Varma (eds.) (2011), Foundations of Indian Psychology (Vol. 1), Theories and concepts .Pearson.

Mentis, M., Dunn-Bernstein, M., Mentis, M., &Skuy, M. (2009).Bridging learning: Unlocking cognitive potential in and out of the classroom. Corwin.

Passer, M.W. & Smith, R.E. (2010). Psychology: The science of mind and behaviour. New Delhi: Tata McGraw-Hill.

Mohsin,S.M. (1982). Experiments in Psychology. *Motilal Banasidas*.

Passer, M.W. & Smith, R.E. (2010).*Psychology: The science of mind and behaviour*. New Delhi: Tata McGraw-Hill.

Suleman, M. (1996). Manovagyanik Prayog aur Parikshan.

**PSYC CC PRACTICAL-2 (TESTING)**

**Total Marks-60**

**Time – 04 Hours**

**Testing- 40**

**Note book +Regularity-10**

**Viva-voce- 10**

*Any two test from the following*

- Mohsin's Test of General Intelligence
- Portaus Maze Test
- Jalota's Group test of Mental ability.
- NLTV (Chatterjee and Mukharjee)

**Readings:**

8. Mohsin, SM (1998). Experiments In Psychology. Patna: Motilal Banarasidas.
9. Postman and Egan (1964). Experimental Psychology. New York: Harper and Bros.
10. Woodworth and Scholsberg (1960). Experimental Psychology. New York: Ronal Press.
11. Singh A. K. (2006). Advanced Psychological Experiments and testing. Patna: Motilal Banarasidas Publication. (In Hindi).
12. Suleman, M. (1996). Manovigyan Me Prayog aur Pariksan. Patna: Motilal Banarasidas. (In Hiondi).
13. M. R. D. Mato (2006). Experimental Psychology Methodology Psychophysics and Larning TMH Edition 15 Reprint (2006).
14. Stephen F Davis (2005). Handbook of Research Methods In Experimental Psychology, Edited By Steephen F Davis Blackwell Publishing 35, Main Street Maldon, NA 02148-5020 U.S.A.

**Semester-III**

**PSYC CC - 05 EMERGENCE AND GROWTH OF PSYCHOLOGY**

**Total Marks-70**

**Times-3 hours**

**Ten** objective type questions (MCQ/ True-false /Fill in the blanks etc) for **two marks** each. **eight** short answer (250 Words) type questions of which **four** have to be answered for **five** marks each. **four** questions of long answer (400 Words) type of which **two** have to be answered for **fifteen** marks each.

#### **UNIT I: HISTORY OF PSYCHOLOGY:**

- Emergence and development of psychology as an independent science.

#### **UNIT II: CONTRIBUTIONS IN PSYCHOLOGY:**

- Main contributions- Wilhelm Wundt, E.B. Titchener, William James.

#### **UNIT III: OBJECTIVITY IN PSYCHOLOGY:**

- Development of Behaviorism- contributions of Watson.

#### **UNIT IV: GESTALT PSYCHOLOGY:**

- Foundation of gestalt psychology, experimental contributions of gestalt psychology, criticism of gestalt psychology, present status of gestalt psychology.

Works of Wertheimer, Kohler and Koffka.

#### **Reading List:**

Boring. E.G. (1995). A History of Experimental Psychology. New York: Appleton Century Co.

Heidbreder, E. (1997). Seven Psychologies. New Delhi: Kalyani publishes.

Leaky, TH (1991). A History of Modern Psychology. New Jersey: Prentice Hall.

Murphy, G. (1960). Historical Introduction of Modern Psychology. London: Routledge and Kagan Private Ltd.

Raju, P. T. (1988). Structural Depths of Indian thought. New York: Albama State University.

Singh A.K. (2006). The Comprehensive History of Psychology Delhi: Motilal Banaridas Publication Private Limited.

Rahman, A. and Jawaid, A. (1994). Manovigyan ka Sanchhipt Itihas. Patna: Motilal Banarsidas.

## **Semester-III**

### **PSYC CC – 06 RESEARCH METHODS IN PSYCHOLOGY**

Total Marks-70

Times-3 hours

**Ten** objective type questions (MCQ/ True-false /Fill in the blanks etc) for **two marks** each. **eight** short answer (250 Words) type questions of which **four** have to be answered for **five** marks each. **four** questions of long answer (400 Words) type of which **two** have to be answered for **fifteen** marks each.

#### **UNIT-I: BASICS OF RESEARCH IN PSYCHOLOGY**

- Definitions and Goals of Psychological research.
- Steps in Psychological Research
- Qualities of good research
- Ethics in Psychological research.
- Types:
  - Quantitative and Qualitative orientation and their steps.
  - Comparison of Quantitative and Qualitative Research.
  - Formulation of Research Problems and developing testable hypotheses/questions.

#### **UNIT-II: SAMPLING**

- Definitions
- Types of Sampling-probability and non-probability.

#### **UNIT-III: METHODS OF DATA COLLECTION**

- Case study
- Observation
- Interview and
- Questionnaire.

## **UNIT-IV: PSYCHOLOGICAL TESTING**

- Characteristics of test
- Reliability
- Validity
- Norms and
- Standardization.

## **READING LIST**

Bryman, A.(2004). *Quantity and Quality in Social Research*.Routledge.

Chadha, N.K. (2009) *Applied Psychometry*. Sage Pub: New Delhi

Dyer, C. (2001) *Research in Psychology: A Practical Guide to Research Methodology and Statistics (2nd Ed.)* Oxford: Blackwell Publishers

Gregory, R.J. (2006). *Psychological Testing: History, Principles, and Applications (4thEd.)*.New Delhi: Pearson Education.

Kerlinger, F.N.& Lee, H.B.(1999). *Foundations of Behavioural Research*. Wadsworth

Murphy, K.R. & Davidshofer, C. O. (2004). *Psychological Testing: Principles & Applications (6th Ed.)* New Jersey: Prentice Hall.

Neuman, W.L. (2006). *Social Research Methods: Qualitative and Quantitative Approaches (6th Ed.)* Boston: Pearson Education.

Willig, C. (2001). *Introducing qualitative research in psychology: Adventures in theory and method*. Philadelphia : Open University Press.

# Semester-III

## PSYC CC – 07 SOCIAL PSYCHOLOGY

Total Marks-70

Times-3 hours

**Ten** objective type questions (MCQ/ True-false /Fill in the blanks etc) for **two marks** each. **eight** short answer (250 Words) type questions of which **four** have to be answered for **five** marks each. **four** questions of long answer (400 Words) type of which **two** have to be answered for **fifteen** marks each.

### UNIT-I: INTRODUCTION

- Nature and scopes of Social Psychology
- History of Social Psychology
- Relation with Sociology and Anthropology
- Current status of Social Psychology in India.

### UNIT-II: ATTITUDE

- Nature and definitions
- Formation of attitude
- attitude change

### UNIT-III: SOCIAL INTERACTION AND INFLUENCES

- Interpersonal Attraction-Nature, Factors Affecting Interpersonal Attraction.
- Pro-Social behavior-Nature, Factors Developing Pro-Social Behavior

### UNIT-IV: GROUP DYNAMICS AND INTER GROUP RELATIONS

- Nature of Groups
- Structure and Functions of Group
- Kinds of Group
- Inter-Group Relations-Prejudice and Inter Group Conflict.

## READING LIST

- Baron, R.A., Byrne, D. & Bhardwaj, G. (2010). *Social Psychology* (12th Ed.). New Delhi: Pearson.
- Baumeister, R.F. & Bushman, B.J. (2013). *Social Psychology and Human Nature*. Wadsworth.
- Franzoi, S.L. (2009). *Social Psychology* (5th Ed.). New York: McGraw-Hill.
- Hogg, M. & Vaughan, G.M. (2008). *Social Psychology*. Prentice Hall.
- Kassin, S., Fein, S., & Markus, H.R. (2008). *Social Psychology*. New York: Houghton Mifflin.
- Misra, G. (2009). *Psychology in India, Vol. 4: Theoretical and Methodological Developments (ICSSR Survey of Advances in Research)*. New Delhi: Pearson
- Taylor, S.E., Peplau, L.A. & Sears, D.O. (2006). *Social Psychology (12th Ed.)*. New Delhi: Pearson

### PSYC CC PRACTICAL-3 (EXPERIMENT)

**Total Marks-90**

**Time – 04 Hours**

**Experiment- 60**

**Note book +Regularity-15**

**Viva-voce- 15**

*Any two experiments from the following:*

- Muller-Lyre Illusion-Methods of (i) average error (ii) Limit
- Determination of Differential Liemen (DL) –Methods of (i) Limit ii) constant stimuli
- Mental work and Fatigue – effect of rest pause and fatigue
- Colour Preference

**Readings:**

15. Mohsin, SM (1998). Experiments In Psychology. Patna: Motilal Banarasidas.
16. Postman and Egan (1964). Experimental Psychology. New York: Harper and Bros.
17. Woodworth and Scholsberg (1960). Experimental Psychology. New York: Ronal Press.
18. Singh A. K. (2006). Advanced Psychological Experiments and testing. Patna: Motilal Banarasidas Publication. (In Hindi).
19. Suleman, M. (1996). Manovigyan Me Prayog aur Pariksan. Patna: Motilal Banarasidas. (In Hiondi).
20. M. R. D. Mato (2006). Experimental Psychology Methodology Psychophysics and Larning TMH Edition 15 Reprint (2006).
21. Stephen F Davis (2005). Handbook of Research Methods In Experimental Psychology, Edited By Steephen F Davis Blackwell Publishing 35, Main Street Maldon, NA 02148-5020 U.S.A.

## **Semester-IV**

### **PSYC CC – 08 PSYCHOLOGICAL DISORDERS**

Total Marks-70

Times-3 hours

**Ten** objective type questions (MCQ/ True-false /Fill in the blanks etc) for **two marks** each. **eight** short answer (250 Words) type questions of which **four** have to be answered for **five** marks each. **four** questions of long answer (400 Words) type of which **two** have to be answered for **fifteen** marks each.

**UNIT-I:**

- The concept of Normality and Abnormality.
- Criteria and classification.

**UNIT-II: SYMTOMS AND ETIOLOGY**

- Anxiety disorders and Obsessive Compulsive Disorder.
- Somatoform Disorders:
  - Conversion Disorder
  - Hypocondriasis

### **UNIT-III: SCHIZOPHRENIA AND ITS TYPES**

### **UNIT-IV: DISORDER OF DEVELOPMENT**

- Mental Retardation.
- Autism.

### **READING LIST**

Bennett,P. (2006). Abnormal and Clinical Psychology: An introductory textbook. New York: Open University Press.

Brewer,K. (2001). Clinical Psychology.Oxford : Heinemann Educational Publishers

Carson,R.C., Butcher,J.N.,Mineka,S.&Hooley,J.M. (2008). Abnormal Psychology. New Delhi: Pearson.

David Barlow H. & Durand V. Mark, 7thEdition, e-book (2013) Abnormal Psychology :Cengage Learning India Edition

Kearney, C. A. &Trull, T. J. (2012). Abnormal Psychology and Life: A dimensional approach. New Delhi :Cengage learning.

## **Semester-IV**

### **PSYC CC–09: STATISTICAL METHODS IN PSYCHOLOGY-II**

Total Marks-70

Times-3 hours

**Ten** objective type questions (MCQ/ True-false /Fill in the blanks etc) for **two marks** each. **eight** short answer (250 Words) type questions of which **four** have to be answered for **five** marks each. **four** questions of long answer (400 Words) type of which **two** have to be answered for **fifteen** marks each.

## **UNIT-I: CORRELATION**

- Meaning of correlation
- Calculating Product Moment correlation of coefficient.
- Rank Order correlation.

## **UNIT-II: HYPOTHESES TESTING**

- Differences between two dependent means (correlated).
- Differences between two independent means (uncorrelated).
- Levels of significance and interpretation of values.
- Hypothesis testing for categorical variables.

## **UNIT-III: HYPOTHESIS TESTING FOR DIFFERENCE AMONG THREE OR MORE GROUPS**

- One Way Analysis of Variances (ANOVA).

## **UNIT-IV: NULL HYPOTHESES**

- The Chi-Square test

## **READING LIST**

- Aron, A., Aron, E.N., & Coups, E.J. (2007). *Statistics for Psychology* (4th Ed). India: Prentice Hall .
- Chadha, N.K. (1991) *Statistics for Behavioral and Social Sciences*. Reliance Pub. House: New Delhi
- Field, A. (2009). *Discovering Statistics using SPSS* (3rd Ed). New Delhi :Sage.

King, B.M. & Minium, E.W. (2007).*Statistical Reasoning in the Behavioral Sciences*

(5th Ed).USA: John Willey.

Mangal, S.K. (2012).*Statistics in Psychology & Education*.(2nd Ed). New Delhi: PHI learning Pvt. Ltd.

## **Semester-IV**

### **PSYC CC–10: APPLIED SOCIAL PSYCHOLOGY**

Total Marks-70

Times-3 hours

**Ten** objective type questions (MCQ/ True-false /Fill in the blanks etc) for **two marks** each. **eight** short answer (250 Words) type questions of which **four** have to be answered for **five** marks each. **four** questions of long answer (400 Words) type of which **two** have to be answered for **fifteen** marks each.

#### **UNIT-I: INTRODUCTION**

- Definitions and Nature of Applied Social Psychology.
- Importance and applications of Applied Social Psychology.
- Current status of Applied Social Psychology.

#### **UNIT-II: PSYCHOLOGY OF CRIME AND CORRUPTION**

- **Crime:**
  - Definitions, nature and characteristics of crime.
  - Psychological, Biological and Socio-Cultural correlates of crime and preventive measures.
- **Corruption:**
  - Concept, causes, types and controlling measures.

#### **UNIT-III: TERRORISM:**

- Definition Nature and Characteristics.
- Origin and Development in India.
- Consequences and Preventive Measures.

#### **UNIT-IV: VIOLENCE AGAINST WOMEN**

- Definitions, nature and characteristics.
- Types, causes and consequences
- Domestic Violence acts

#### **READING LIST**

- Kloos, B., Hill, j., Thomas, E., Wandersman, Elias, M. J., & Dalton, J.H. (2012). Community psychology: Linking individuals and communities. Wadsworth, Cengage.
- Mikkelsen, B. (1995). Methods for development work and research: A guide for practioners. New Delhi: Sage.
- Schneider, F.W., Gruman, A., Coult, L .M. (Eds.). (2012). Applied social psychology: Understanding and addressing social and practical problems. New Delhi: Sage publications.
- Smith, P.B., Bond, M.H., &Kagitcibasi, C. (2006). Understanding social psychology across cultures. New Delhi: Sage Publication.

**PSYC CC PRACTICAL-4 (EXPERIMENT)**

**Total Marks-90**

**Time – 04 Hours**

**Experiment- 60**

**Note book +Regularity-15**

**Viva-voce- 15**

*Any two experiments from the following*

**Retroactive Inhibition**

- Effects of the strength of original learning
- Effect of similarity between original and interpolated activity.
- Knowledge of Result

**Attention**

- Span and Distraction of Attention

**Reaction time**

- Simple Vrs. Complex reaction time
- Effect of set

**Readings:**

22. Mohsin, SM (1998). Experiments In Psychology. Patna: Motilal Banarasidas.
23. Postman and Egan (1964). Experimental Psychology. New York: Harper and Bros.
24. Woodworth and Scholberg (1960). Experimental Psychology. New York: Ronald Press.
25. Singh A. K. (2006). Advanced Psychological Experiments and testing. Patna: Motilal Banarasidas Publication. (In Hindi).
26. Suleman, M. (1996). Manovigyan Me Prayog aur Parikshan. Patna: Motilal Banarasidas. (In Hindi).
27. M. R. D. Mato (2006). Experimental Psychology Methodology Psychophysics and Learning TMH Edition 15 Reprint (2006).
28. Stephen F Davis (2005). Handbook of Research Methods In Experimental Psychology, Edited By Stephen F Davis Blackwell Publishing 35, Main Street Maldon, NA 02148-5020 U.S.A.

## **Semester-V**

### **PSYC CC-11: THERAPEUTIC INTERVENTION**

Total Marks-70

Times-3 hours

**Ten** objective type questions (MCQ/ True-false /Fill in the blanks etc) for **two marks** each. **eight** short answer (250 Words) type questions of which **four** have to be answered for **five** marks each. **four** questions of long answer (400 Words) type of which **two** have to be answered for **fifteen** marks each.

**UNIT-I:** Intervention of Schizophrenia

**UNIT-II:** Psychoanalytic approach

**UNIT-III:** Behavioral and Cognitive explanation

**UNIT-IV:** Family therapy and group therapy

#### **READING LIST:**

Bennett, P. (2011) Abnormal and Clinical Psychology: An introductory Textbook, McGraw Hill.

Carson,R.C., Butcher,J.N., Mineka,S.&Hooley,J.M. (2008). Abnormal Psychology. New Delhi: Pearson.

Plante, T.G. () Contemporary Clinical Psychology John Wiley & Sons.

Riskind, J.H., Manos,M.J. and Alloy,L.B. (2004) Abnormal Psychology : Current Perspectives. McGraw Hill

# Semester-V

## PSYC CC-12: DEVELOPMENTAL PSYCHOLOGY

Total Marks-70

Times-3 hours

**Ten** objective type questions (MCQ/ True-false /Fill in the blanks etc) for **two marks** each. **eight** short answer (250 Words) type questions of which **four** have to be answered for **five** marks each. **four** questions of long answer (400 Words) type of which **two** have to be answered for **fifteen** marks each.

### UNIT-I: INTRODUCTION

- Concept of human development
- Theories of human development:
  - Piaget and Vygotsky
  - Perspective of Kohlberg

### UNIT-II: STAGE OF LIFE SPAN DEVELOPMENT

- Prenatal Development, Birth and Infancy, Childhood, Adolescents, Adulthood and Elderly.

### UNIT-III: DOMAINS OF HUMAN DEVELOPMENT

- Cognitive development
- Language development
- Emotional development
- Personality development

### UNIT-IV: SOCIO-CULTURAL CONTENTS FOR HUMAN DEVELOPMENT

- Family
- Peer group
- Media and schooling
- Development in Indian concept.

## READING LIST

- Berk, L. E. (2010). *Child Development* (9th Ed.). New Delhi: Prentice Hall.
- Feldman, R.S.&Babu.N. (2011). *Discovering the Lifespan*. Pearson .
- Georgas, J., John W. Berry., van de Vijver,F.J.R, Kagitçibasi, Çigdem,Poortinga, Y. P. (2006). *Family across Thirty Cultures: A Thirty Nation Psychological Study*. Cambridge Press.
- Mitchell, P. and Ziegler, F. (2007). *Fundamentals of development: The Psychology of Childhood*. New York: Psychology Press.
- Papalia, D. E., Olds, S.W. & Feldman, R.D. (2006). *Human development* (9th Ed.). New Delhi: McGraw Hill.
- Santrock, J. W. (2011). *Child Development* (13th Ed.). New Delhi: McGraw Hill.
- Santrock, J.W. (2012). *Life Span Development* (13thed.) New Delhi: McGraw Hill.
- Saraswathi, T.S. (2003). *Cross-cultural perspectives in Human Development: Theory, Research and Applications*. New Delhi: Sage Publications.
- Srivastava, A.K. (1997). *Child Development: An Indian Perspective*. New Delhi.

### PSYC CC PRACTICAL-5 (TESTING)

**Total Marks-60**

**Time – 04 Hours**

**Testing - 40**

**Note book +Regularity-10**

**Viva-voce- 10**

*Any two tests from the following:*

#### **Personality Test**

- Word Association Test.
- Sinha's Anxiety Scale
- Eysenck Personality Questionnaire (EPQ)
- Sentence completion Test

#### **Readings:**

29. Mohsin, SM (1998). *Experiments In Psychology*. Patna: Motilal Banarasidas.

30. Postman and Egan (1964). Experimental Psychology. New York: Harper and Bros.
31. Woodworth and Scholberg (1960). Experimental Psychology. New York: Ronald Press.
32. Singh A. K. (2006). Advanced Psychological Experiments and testing. Patna: Motilal Banarasidas Publication. (In Hindi).
33. Suleman, M. (1996). Manovigyan Me Prayog aur Pariksan. Patna: Motilal Banarasidas. (In Hindi).
34. M. R. D. Mato (2006). Experimental Psychology Methodology Psychophysics and Learning TMH Edition 15 Reprint (2006).
35. Stephen F Davis (2005). Handbook of Research Methods In Experimental Psychology, Edited By Stephen F Davis Blackwell Publishing 35, Main Street Maldon, NA 02148-5020 U.S.A.

## **Semester-V**

### **PSYC DSE -01 POSITIVE PSYCHOLOGY**

Total Marks-70

Times-3 hours

**Ten** objective type questions (MCQ/ True-false /Fill in the blanks etc) for **two marks** each. **eight** short answer (250 Words) type questions of which **four** have to be answered for **five** marks each. **four** questions of long answer (400 Words) type of which **two** have to be answered for **fifteen** marks each.

#### **UNIT 1: INTRODUCTION**

- Positive Psychology -an Introduction
- Perspectives on positive Psychology
- Western and Eastern
- Character Strength.

#### **UNIT 2: POSITIVE EMOTIONAL STATES AND PROCESSES**

- Happiness and well being
- positive emotions
- emotional intelligence
- Resilience.

#### **UNIT 3: POSITIVE COGNITIVE STATES AND PROCESSES**

- Self efficacy
- Optimism
- Hope
- Wisdom
- Flow
- Mindfulness.

#### **UNIT 4: APPLICATION**

- Work
- Education
- Ageing
- Health.

#### **READING LISTS**

Carr, A. (2004). Positive Psychology: The Science of happiness and human strength. U.K.

Snyder, C.R., & Lopez, S. (Eds). (2002). Handbook of Positive Psychology. New York: Oxford.

## **Semester-V**

### **DSE-PSY-02 HEALTH PSYCHOLOGY**

Total Marks-70

Times-3 hours

**Ten** objective type questions (MCQ/ True-false /Fill in the blanks etc) for **two marks** each. **eight** short answer (250 Words) type questions of which **four** have to be answered for **five** marks each. **four** questions of long answer (400 Words) type of which **two** have to be answered for **fifteen** marks each.

#### **UNIT 1: INTRODUCTION TO HEALTH PSYCHOLOGY:**

- Components of health

- Social
- Emotional
- cognitive and physical aspects
- Mind-body relationship
- Goals of Health psychology
- Bio-psychology-social Models of health.

## **UNIT 2: BEHAVIOUR AND HEALTH**

- Characteristics of health behaviour
- Theories of health behaviour and their implications.
- Barriers to health behaviour

## **UNIT 3: HEALTH ENHANCING BEHAVIOUR**

- Exercise
- Nutrition
- Safety
- Pain
- Stress Management.

## **UNIT 4: HEALTH AND WELL BEING**

- Happiness
- Life satisfaction
- Resilience
- Optimism and Hope

## **READING LISTS**

Allen, F. (2011). Health Psychology and Behaviour. Tata Mc. Graw Hill Edition.

Aboud, F.E (1998). Health Psychology in Global Perspectives. Thousand oaks, C.A:sage.

Brannan, L and Feist, J. (1996). Health Psychology: An Introduction to Behaviour and Health. Pacific Groove: Books cole.

Broome, A.K. and Llewellyn, S. (1995). Health psychology. London: Champan and Hall.

### PSYC DSE PRACTICAL-1 (TESTING)

**Total Marks-60**

**Time – 04 Hours**

**Testing- 40**

**Note book +Regularity-10**

**Viva-voce- 10**

*Any two tests from the following*

- Emotional Intelligence Scale- A.K. Singh and Shruti Narain
- Life Satisfaction Scale –Hardeo Ojha
- Self Confidence Inventory-Rekha Gupta
- Achievement Motive Test -V.P Bhargava

## Semester-VI

### PSYC CC–13: ORGANIZATIONAL BEHAVIOR

**Total Marks-70**

**Times-3 hours**

**Ten** objective type questions (MCQ/ True-false /Fill in the blanks etc) for **two marks** each. **eight** short answer (250 Words) type questions of which **four** have to be answered for **five** marks each. **four** questions of long answer (400 Words) type of which **two** have to be answered for **fifteen** marks each.

#### UNIT-I: INTRODUCTION

- Definition and nature

- Historical perspective
- Contemporary trends and challenges
- Challenge in Indian set-up

## **UNIT-II: INTRODUCTION OF WORK RELATED ATTITUDES AND WORK MOTIVATION:**

- Employee attitude and job satisfaction
- Organizational commitment
- Work motivation
- Job involvement
- Job satisfaction

## **UNIT-III: LEADERSHIP**

- Trait theory
- Behavioural theories
- Contingency theories

## **UNIT-IV: ORGANIZATIONAL STRESS**

- Organizational culture

Stress in organization conflict and measurement.

### **READING LIST**

Chadha, N.K. (2007). *Organizational Behavior*. Galgotia Publishers: New Delhi.

Greenberg, J. & Baron, R.A. (2007). *Behaviour in Organizations* (9th Ed.). India: Dorling Kindersley.

Griffin, R.W. & Moorhead, G. (2009). *Organizational Behavior: Managing People & Organizations*. New Delhi :Biztantra publishers.

Landy, F.J. & Conte, J.M. (2007). *Work in the 21st Century: An Introduction to Industrial and Organizational Psychology*. New York: Wiley Blackwell.

Luthans, F. (2009). *Organizational behavior*. New Delhi: McGraw Hill.

Muchinsky, P. (2006). *Psychology applied to work: An introduction to industrial and organizational psychology*. NC: Hypergraphic Press.

- Pareek, U. (2010). *Understanding organizationalbehaviour*. Oxford: Oxford University Press.
- Prakash, A. (2011). Organizational behavior in India: An indigenous perspective. In G. Misra (Ed.), *Handbook of Psychology*. New Delhi: Oxford University Press.
- Robbins, S. P. & Judge, T.A. (2007).*Organizational Behavior* (12th Ed). New Delhi: Prentice Hall of India.
- Singh, K. (2010). *Organizational Behavior: Texts & Cases*. India: Dorling Kindersley

## Semester-VI

### PSYC CC-14: COUNSELLING PSYCHOLOGY

Total Marks-70

Times-3 hours

**Ten** objective type questions (MCQ/ True-false /Fill in the blanks etc) for **two marks** each. **eight** short answer (250 Words) type questions of which **four** have to be answered for **five** marks each. **four** questions of long answer (400 Words) type of which **two** have to be answered for **fifteen** marks each.

#### UNIT-I: INTRODUCTION

- Nature and goals
- Counseling as profession
- Characteristics of effective Counselor
- Status of effective counseling in India

#### UNIT-II: COUNSELING PROCESS

- Building counseling relationship
- Working in a counseling relationship
- Closing counseling relationship

### **UNIT-III: TECHNIQUES OF COUNSELING**

Psychoanalytic, Humanistic, Behavioral and cognitive techniques;  
Indian technique- Yoga and Meditation

### **UNIT-IV: APPLICATIONS OF COUNSELING**

Child counseling, Family counseling, career counseling, crisis  
intervention- suicide, grief and sexual abuse.

### **READING LIST**

- Aguilera, D.C. (1998). *Crisis Intervention: Theory and Methodology* (8thEd.) Philadelphia: Mosby.
- Belkin, G. S. (1998). *Introduction to Counselling* (3rd Ed.) Iowa: W. C. Brown.
- Capuzzi, D. & Gross, D. R. (2007). *Counselling and Psychotherapy: Theories and Interventions* (4th Ed.) New Delhi. Pearson.
- Corey, G. (2009) *Counselling and Psychotherapy; Theory and Practice.*(7th Ed.) New Delhi: Cengage Learning.
- Friedlander, M.L. & Diamond, G.M. (2012). *Couple and Family Therapy*. In E. M. Altmaier and J.C. Hansen (Eds.) *The Oxford Handbook of Counselling Psychology*. New York: Oxford University Press.
- Geldard, K. & Geldard, D. (2011). *Counselling Children: A Practical Introduction* (3rd Ed.) New Delhi: Sage.
- Gibson, R. L. & Mitchell, M. H. (2012). *Introduction to Counselling and Guidance* (7th Ed.) New Delhi: Pearson.
- Gladding, S. T. (2012). *Counselling: A Comprehensive Profession*. (7th Ed) New Delhi. Pearson.
- Hansen, J.C. (2012). *Contemporary Counselling Psychology*. In E. M. Altmaier and J.C. Hansen (Eds) *The Oxford Handbook of Counselling Psychology*. New York: Oxford University Press.
- Kapur, M. (2011). *Counselling Children with Psychological Problems*. New Delhi, Pearson.

Rao, K. (2010). Psychological Interventions: From Theory to Practice. In G. Misra (Ed): Psychology in India. Volume 3: Clinical and Health Psychology. New Delhi. ICSSR/ Pearson

Rao, S.N. & Sahajpal, P. (2013) Counselling and Guidance. New Delhi: Tata McGraw Hill.

**PSYC CC PRACTICAL-6 (EXPERIMENT)**

**Total Marks-60**

**Time – 04 Hours**

**Experiment - 40**

**Note book +Regularity-10**

**Viva-voce- 10**

*Any two experiment from the following:*

- Effect of Set on Perception.
- Zeigarnik Effects
- Transfer of Principles(Katona's Experiments)
- Paired Associates Method of Verbal Learning

**Readings:**

36. Mohsin, SM (1998). Experiments In Psychology. Patna: Motilal Banarasidas.
37. Postman and Egan (1964). Experimental Psychology. New York: Harper and Bros.
38. Woodworth and Scholsberg (1960). Experimental Psychology. New York: Ronal Press.
39. Singh A. K. (2006). Advanced Psychological Experiments and testing. Patna: Motilal Banarasidas Publication. (In Hindi).
40. Suleman, M. (1996). Manovigyan Me Prayog aur Pariksan. Patna: Motilal Banarasidas. (In Hiondi).
41. M. R. D. Mato (2006). Experimental Psychology Methodology Psychophysics and Larning TMH Edition 15 Reprint (2006).
42. Stephen F Davis (2005). Handbook of Research Methods In Experimental Psychology, Edited By Steephen F Davis Blackwell Publishing 35, Main Street Maldon, NA 02148-5020 U.S.A.

# Semester-VI

## DSE-PSY-03 COMMUNITY PSYCHOLOGY

Total Marks-70

Times-3 hours

**Ten** objective type questions (MCQ/ True-false /Fill in the blanks etc) for **two marks** each. **eight** short answer (250 Words) type questions of which **four** have to be answered for **five** marks each. **four** questions of long answer (400 Words) type of which **two** have to be answered for **fifteen** marks each.

### UNIT I: HISTORICAL AND SOCIAL CONTEXTS OF COMMUNITY PSYCHOLOGY

- Concept
- Evolution and nature of community
- Mental health.

### UNIT II: MODELS OF MENTAL HEALTH SERVICES:

- Mental
- Social
- Organizational and Ecological.

### UNIT III: COMMUNITY MENTAL HEALTH

- Intervention and Community Based Rehabilitation.
- Causes and Issues
- Principles and Programmers
- Training of the Para - Professional and Non-Professionals.

### UNIT IV: CURRENT & FUTURE APPLICATIONS

- Prevention & promotion:all around yoy, home, school and work place, effectiveness of prevention/promotion efforts.
- emerging areas of prevention/promotion, emerging trends in community psychology.

growing awareness of global diversity of human communities.

**Reading List:**

Bloom, B. (1973). Community Mental Health – A critical analysis. New Jersey. General Learning Press.

Koch, C.H (1986) (ed.). Community Clinical Psychology. London: Croom Helm.

Mann, P.A. (1978). Community Psychology: Concepts and Application. New York:

The Free Press. Rappaport, J. (1977). Community psychology: Values Research and Action. New York: Holt, Reinehart and Wingston.

Sulaiman, M. Manovigyan Mein Prayog aur Parikshan. Patna: Motilal Banarisidas.

Singh, A.K. Manovigyan Mein Prayog aur Parikshan. Patna: Motilal Banarisidas.

**PSYC DSE PRACTICAL-2 (TESTING)**

**Total Marks-30**

**Time – 02 Hours**

**Testing- 15**

**Note book +Regularity-10**

**Viva-voce- 5**

*Any one from the following*

- P.G.I. Health Questionnaire N-1 –S.K. Verma & Others
- Psychological Well being Scale-David Goldberg

## **SEMESTER-VI**

### **DSE-PSY-04 PROJECT WORK**

**Total Marks-100**

**Project Report - 80**

**Viva-voce-20**

Students will be allotted to work under the Supervision of a teacher of the Department on a given Topic and will be required to submit two copies of Hard Bound Project Report along with the raw data one week before the examination.

Evaluation will be done by both external and internal (supervisor) examiners.

