

## MASTER OF ARTS

Duration : 24 Months ( 2 Years) Eligibility : Graduation in Geography

### Course Structure of Psychology 1st Semester

Course Details				External Assessment		Internal Assessment				Credit Distribution			Alloted Credits
Course Code	Course Type	Course Title	Total Marks	Major		Minor		Sessional		L	T	P	Subject wise Distribution
				Max Marks	Min Marks	Max Marks	Min Marks	Max Marks	Min Marks				
<b>Theory Group</b>													
6HMSY101	<b>Core Course-1</b>	Research Methodology	100	50	17	20	8	30	12	3	1	-	4
6HMSY102	<b>Core Course-2</b>	Foundation of Psychology	100	50	17	20	8	30	12	3	1	-	4
6HMSY103	<b>Core Course-3</b>	Social Psychology	100	50	17	20	8	30	12	3	1	-	4
6HMSY104	<b>Core Course-4</b>	Environmental Psychology	100	50	17	20	8	30	12	3	1	-	4
<b>Practical Group</b>													
6HMSY105	<b>Practical</b>	Practical Paper	100	50	17			50	17	-	-	4	4
	<b>Grand Total</b>		<b>500</b>							<b>12</b>	<b>4</b>	<b>4</b>	<b>20</b>

Minimum Passing Marks are equivalent to Grade C

Minor-Pre University Test

Sessional weightage-Attendance 50%, Three Class Tests/Assignments 50%

L-Lectures, T-Tutorials, P-Practicals

## MASTER OF ARTS

Duration : 24 Months ( 2 Years) Eligibility : Graduation in Geography

### Course Structure of Psychology 2nd Semester

Course Details				External Assessment		Internal Assessment				Credit Distribution			Allocated Credits
Course Code	Course Type	Course Title	Total Marks	Major		Minor		Sessional		L	T	P	Subject wise Distribution
				Max Marks	Min Marks	Max Marks	Min Marks	Max Marks	Min Marks				
<b>Theory Group</b>													
6HMSY201	<b>Core Course-5</b>	Guidance & Counselling	100	50	17	20	8	30	12	3	1	-	4
6HMSY202	<b>Core Course-6</b>	Abnormal Psychology	100	50	17	20	8	30	12	3	1	-	4
6HMSY203	<b>Core Course-7</b>	Organizational Psychology	100	50	17	20	8	30	12	3	1	-	4
6HMSY204	<b>Core Course-8</b>	Health Psychology	100	50	17	20	8	30	12	3	1	-	4
<b>Practical Paper</b>													
6HMSY205	<b>Practical</b>	Practical Paper	100	50	17			50	17	-	-	4	4
<b>Skill Courses</b>													
*	<b>Skill Enhancement</b>	Skill Enhancement Elective Course-1	50	-	-	-	-	50	20	1	-	1	2
<b>Grand Total</b>			<b>550</b>							<b>13</b>	<b>4</b>	<b>5</b>	<b>22</b>

Minimum Passing Marks are equivalent to Grade C

Minor-Pre University Test

Sessional weightage-Attendance 50%, Three Class Tests/Assignments 50%

L-Lectures, T-Tutorials, P-Practicals

## MASTER OF ARTS

Duration : 24 Months ( 2 Years) Eligibility : Graduation in Geography

### Course Structure of Psychology 3rd Semester

Course Details				External Assessment		Internal Assessment				Credit Distribution			Allocated Credits
Course Code	Course Type	Course Title	Total Marks	Major		Minor		Sessional		L	T	P	Subject wise Distribution
				Max Marks	Min Marks	Max Marks	Min Marks	Max Marks	Min Marks				
<b>Theory Group</b>													
6HMSY301	<b>Core Course-1</b>	Statistics	100	50	17	20	8	30	12	3	1	-	4
6HMSY302	<b>Core Course-2</b>	Educational Psychology	100	50	17	20	8	30	12	3	1	-	4
6HMSY303	<b>Discipline Specific Elective</b>	Clinical Psychology	100	50	17	20	8	30	12	3	1	-	4
6HMSY304	<b>Discipline Specific Elective</b>	Personality Theories	100	50	17	20	8	30	12	3	1	-	4
<b>Practical Paper</b>													
6HMSY305	<b>Practical</b>	Practical Paper	100	50	17			50	17	-	-	4	4
<b>Skill Courses</b>													
*	<b>Skill Enhancement</b>	Skill Enhancement Elective Course-II	50	-	-	-	-	50	20	1	-	1	2
<b>Grand Total</b>			<b>550</b>							<b>13</b>	<b>4</b>	<b>5</b>	<b>22</b>

Minimum Passing Marks are equivalent to Grade C

Minor-Pre University Test

Sessional weightage-Attendance 50%, Three Class Tests/Assignments 50%

L-Lectures, T-Tutorials, P-Practicals

## MASTER OF ARTS

Duration : 24 Months ( 2 Years) Eligibility : Graduation in Geography

### Course Structure of Psychology 4th Semester

Course Details				External Assessment		Internal Assessment				Credit Distribution			Allocated Credits
Course Code	Course Type	Course Title	Total Marks	Major		Minor		Sessional		L	T	P	Subject wise Distribution
				Max Marks	Min Marks	Max Marks	Min Marks	Max Marks	Min Marks				
<b>Theory Group</b>													
6HMSY401	<b>Core Course-1</b>	Statistical Method for Psychological Research	100	50	17	20	8	30	12	3	1	-	4
6HMSY402	<b>Core Course-2</b>	Emergence and growth of Psychology	100	50	17	20	8	30	12	3	1	-	4
<b>Practical Group</b>													
6HMSY403	<b>Core Course-3</b>	Practical Paper	100	50	17			50	17	-	-	4	4
6HMSY404	<b>Project / Dissertation / Internships &amp; Viva Voce</b>	<b>Project/Dissertation</b>	200	100	33	-	-	100	40	-	-	8	8
	<b>Grand Total</b>		<b>500</b>							<b>6</b>	<b>2</b>	<b>12</b>	<b>20</b>

Minimum Passing Marks are equivalent to Grade C

Minor-Pre University Test

Sessional weightage-Attendance 50%, Three Class Tests/Assignments 50%

L-Lectures, T-Tutorials, P-Practicals

## RESEARCH MYTHOLOGY

*Usually nine questions of equal value will be set, out of which students shall have to answer five questions. Q No. 1 will be compulsory consisting of seven very short answer type questions (each of two marks) conversing two entire syllabus and the Candidates are required to give their answers in maximum 50 words.*

### **Unit I: Introduction:**

- (a) Meaning, objective, types, limitations and important of research.
- (b) Stages of research.
- (c) Hypothesis: Meaning criteria and process of formulating hypothesis.
- (d) Types of Hypothesis: Directional, non-directional and null hypothesis.

### **Unit II: Research Design:**

- (a) Meaning, purpose and types of research design
- (b) Experimental Design and non-experimental design.
- (c) Advantages and disadvantages of experimental design.
- (d) Variable: Meaning, types,
- (c) Techniques of controlling extraneous variables - elimination, constancy, Balancing, counterbalancing, randomization.

### **Unit III: Sampling:**

- (a) Meaning.
- (b) Types of sample:
  - Probability sample - Random sample, stratifies, sample cluster sample.
  - Non- probability sample - Quota, accidental, purposive systematic snowball,
  - Dense sample.
- (c) Sampling error.

### **Unit IV: Interview and Questionnaire:**

- (a) Meaning and types of interview.
- (b) Sources of bias in interview.
- (c) Questionnaire - Definition, types, merits and demerits.
- (d) Characteristics of good and usable questionnaire.

### **Unit V: Construction of a psychological test.**

- (a) Nature.
- (b) Characteristics
- (c) Steps involved in the constructions of a Psychological test.

## **SUGGESTED READINGS**

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

*Usually nine questions of equal value will be set, out of which students shall have to answer five questions. Q No. 1 will be compulsory consisting of seven very short answer type questions (each of two marks) conversing two entire syllabus and the Candidates are required to give their answers in maximum 50 words.*

### **Unit I: Perceptual Processes:**

- (a) Perceptual organization:  
Theories of perceptual organization.
- (b) Gestalt view on perception.
- (c) Behaviouristic view on perception.
- (d) Physiological view on perception.

### **Unit II: Memory:**

- (a) Definition and nature of memory.
- (b) Models of memory.
- (c) Structural model of memory,
- (d) Information processing model- STM, LTM, iconic and echoic memory.
- (e) Levels of processing model:  
Encoding,  
Storing  
Retrieval memory training.

### **Unit III: Thinking:**

- (a) Nature and type
- (b) Thinking and imagination.
- (c) Theories of thinking.
- (d) Role of set in thinking.

#### **Unit IV: Attention:**

- (a) Meaning, characteristic and types of attention.
- (b) Determinants of attention.
- (c) Sustained attention.
- (d) Theories of attention.
- (e) Function and distraction of attention.

#### **Unit V: Creativity:**

- (a) Definition and nature.
- (b) Measurement of creativity.
- (c) Factors influencing creativity.
- (d) Aspects of creativity.

### **SUGGESTED READINGS**

Baron, R.A. (2002). Psychology. Delhi: Pearson Education Asia.

Galotti, K.M. (1999). Cognitive Psychology in and outside Laboratory. Mumbai: Thomson Asia.

Hewes, M. B. (1990). The psychology of Human Cognition. New York: Pargamon Press.

Matlin, M. W. (1995). Cognition (III edition). Bengluru: Prism Books Pvt. Ltd.

Read, S. K. (1998). Cognition: Theory and Application. California: Academic Books.

Westen, D. (1998). Psychology. New York: John Wiley and Sons.

Rahman, A.R. (1998). – Samanya Manvigyan: Vishay Evam Vyakhya: Patna: Motilal Banarsidas. (In Hindi)

Singh, A.K. (2002). Sangyanatamak Manovigyan. Patna: Motilal Banarsi Das. (In Hindi)



## **SOCIAL PSYCHOLOGY**

*Usually nine questions of equal value will be set, out of which students shall have to answer five questions. Q No. 1 will be compulsory consisting of seven very short answer type questions (each of two marks) conversing two entire syllabus and the Candidates are required to give their answers in maximum 50 words.*

### **Unit I: Historical background.**

- (a) Development of Social Psychology.
- (b) Status of Social Psychology in India.
- (c) Modern trends in Social Psychology.

### **Unit II: Person perception:**

- (a) Nature and determinates.
- (b) Social Perception- Nature and group affiliation.
- (c) Perceptual defense.
- (d) Perceptual accentuation.
- (e) Subliminal perception.

### **Unit III: Altruism:**

- (a) Pro-social behaviour-  
Nature.  
Internal factors.
- (b) Characteristics of the helper and the helped.
- (c) Ways of increasing pro-social behaviour.

### **Unit IV: Prejudice:**

- (a) Nature and development.
- (b) Theories.
- (c) Development of prejudice in Indian children.
- (d) Reduction of prejudice.

## **Unit V: Attitude:**

- (a) Nature and definition of attitude.
- (b) Development and formation of attitude.
- (c) Theories of attitude organization.  
Fastinzer's cognitive dissonance theory.  
Rosenberg's Affective cognitive theory.  
Kellman's Three process theory.

## **SUGGESTED READINGS**

Aronson, R., Ellsworth, P., Carlsmith, J. M and Gonzales (1990) Methods in Research in Social Psychology. New York: Mc Graw Hill.

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.

Hassan, M.K. (1981) – Prejudice in Indian Youth. New Delhi: Classical.

Hewit, J.P. (1986). Self and Society: A symbolic interactions social psychology. Boston; Allyn and Bacon.

Panday, J. (Ed.) (1980). Perspectives on Experimental Social Psychology in India.

New York: Concept.

Pandey, J. (Ed.) (1998). Psychology in India: The state of the art. Basic and Applied Social Psychology. (Vol. II). New Delhi: Sage.

Secord and Backman (1978). Social Psychology. New York : Mc Graw Hill.

Alam and Razaque (2012). Social Dimension of Human Behavior. New Delhi: Manak Publication.

Triandis, H. (1995). Culture and Social Psychology. New York: Mc Graw Hill.

Singh, A.K (2002). Samaj Manovigyan ki Roop Rekha. Patna: Motilal

Banarsidas

( in Hindi).

Suleman, M.K. (1991). Adhunik Samaj Manovigyan. Patna: Shukla Book Depot (in Hindi).

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## ENVIRONMENTAL PSYCHOLOGY

*Usually nine questions of equal value will be set, out of which students shall have to answer five questions. Q No. 1 will be compulsory consisting of seven very short answer type questions (each of two marks) conversing two entire syllabus and the Candidates are required to give their answers in maximum 50 words.*

### **Unit 1: Introduction**

- (a) Definition and scope.
- (b) Methods.
- (c) Method: Survey research, Field studies, Experimental method.

### **Unit II: Theoretical Approach:**

Environmental behaviour theories

- (a) Environmental load theory,
- (b) Behavioural constraint theory
- (c) Environmental Stress theory.

### **Unit III: Social issues in environmental psychology:**

Crowding:

- (a) Nature of crowding.
- (b) Theories of crowding.
- (c) Effect of crowding on human behaviour.

### **Unit IV: Environmental stress and management:**

Environmental stress:

- (a) Nature and characteristics.
- (b) Natural hazards.
- (c) Man-made hazards.
- (d) Technological hazards.

### **Unit V: Pollution:** Nature, types and factors, Psychological and physical

Consequences and management.

- (a) Noise Pollution.
- (b) Air Pollution.
- (c) Water Pollution.

## **SUGGESTED READINGS**

Bann, A, Singer, J. and Valin, S. (1978). Advances in Environmental Psychology.

New York: Eribaum.

Ittelson, W.H. et al. (1974). An Introduction to Environmental Psychology. New York: Rinehart and Winston.

Jain, Udai (1985). The Psychological Consequence of Crowding New York: Sage.

Stokols, D. and Altman (1987). Handbook of Environmental Psychology. (Eds). New York: Wiley.

Stokols, D. (Ed) (1977). Perspectives on Environment and Behaviour. New York: Sage.

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# PRACTICAL

*Fifty marks for conduction of experiments and ten marks for viva-voce and ten marks for practical books.*

*Four questions will be set, in which candidates will have to answer two questions.*

## **Unit I: Psychophysics:**

- (a) Measurement of D.L. for lifted weights and visual lengths.
- (b) Verification of Weber's Law for lifted weights and visual length.  
By using the methods:
  - (a) Method of limits.
  - (b) Method of constant stimuli.

## **Unit II: Perception:**

Perception of time:

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

## **Unit III: Learning:**

- (a) Incidental versus 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: Work and Fatigue:**

- (a) Fatigue and physical work.
- (b) Fatigue and mental work.
- (c) Effect of rest pause on physical work or muscular work.

## **SUGGESTED READINGS**

Mohsin, SM (1998). Experiments in Psychology. Patna: Motilal Banarsidas.

Postman and Egan (1964). Experimental Psychology. New York: Harper and Bros.

Woodworth and Scholsberg (1960). Experimental Psychology. New York: Ronal Press.

Singh A. K. (2006). Advanced Psychological Experiments and Testing. Patna: Motilal Banarsidas Publication. (In Hindi).

Suleman, M . (1996). Manovigyan Me Prayog aum Parikshan. Patna: Motilal Banarisidas. (In Hindi).

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## GUIDANCE & COUNSELING

*Usually nine questions of equal value will be set, out of which students shall have to answer five questions. Q No. 1 will be compulsory consisting of seven very short answer type questions (each of two marks) conversing two entire syllabus and the Candidates are required to give their answers in maximum 50 words.*

### **Unit I: Counseling:**

- (a) Nature, Scope and goals.
- (b) Historical development.
- (c) Current status
- (d) Counseling as a help in different profession.

**Unit II: Techniques of counselling:** Theory, goals, method, advantages and limitations.

- (a) Psychodynamic approach: Freud, Jung, Adler.
- (b) Neo-Freudian: Erik Erikson, Karen Horney.
- (c) Humanistic approach: Abraham Maslow.
- (d) Phenomenological: Carl Rogers.

### **Unit III: Counseling Application**

- (a) Child and adolescents counseling.
- (b) Family counseling.
- (c) Career counseling.
- (d) Crisis intervention counseling.

### **Unit IV: Ethical Dimension of counseling.**

- (a) Legal consideration in counseling.
- (b) Ethical consideration in counseling.

## **Unit V: Indian approach to counseling.**

- (a) Yoga.
- (b) Mediation in counseling.

### **SUGGESTED READING**

Alam, Shah (2009). *The Theory and Practice of Counselling*. New Delhi: Global Vision Private Ltd.

Belkin, G.S. (1988). *Introduction to Counselling*. W . G.: Brown Publishers.

Ben, Ard, Jr. (Ed) (1977). *Counselling and Psychotherapy: Classics on Theories and Issues*. New York: Science and Behaviour Books Co.

Brammer, L. M. and Shostrom, B. L. (1977). *Therapeutic Psychology: Fundamental*

*of Counselling Psychology* (3<sup>rd</sup> Ed). Englewood Cliffs: Prentice Hall.

Modden, G. R. (1988). *Legal Issues in Social Work: Counselling and Mental health*. Thousand Oaks: Sage Publication.

Nelson, J (1982). *The Theory and Practice of Counselling Psychology*. New York:

Holt, Rinehart and Winston.

Udupa, K. N. (1985). *Stress and its Management by Yoga*. Delhi: Motilal Banarsi Das.

Windy, D. (1985). *Counselling in Action*. New York: Sage Publication.

Yalom, I. D. (1980). *Existential psychotherapy*. New York: Basic Books.

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## ABNORMAL PSYCHOLOGY

*Usually nine questions of equal value will be set, out of which students shall have to answer five questions. Q No. 1 will be compulsory consisting of seven very short answer type questions (each of two marks) conversing two entire syllabus and the Candidates are required to give their answers in maximum 50 words.*

### **Unit I: Models of abnormal behavior:**

- (a) Psychodynamic Model
- (b) Humanistic Model.
- (c) Biological Model.
- (d) Socio-cultural Model.

### **Unit II: Psychosomatic disorders:**

- (a) Peptic ulcer, Asthma, Hypertension and migraine
- (b) Nature.
- (c) Types.
- (d) Treatment.

### **Unit III: Anxiety Disorders:**

- (a) Phobia.
- (b) Anxiety.
- (c) Obsessive-Compulsive.
- (d) Dissociative (conversion) disorders.

### **Unit IV: Schizophrenic disorder:**

- (a) Meaning and definition.
- (b) Symptoms.
- (c) Clinical features.
- (d) Etiology and management.

## **Unit V: Mood disorders:**

- (a) Meaning and definition.
- (b) Types.
- (c) Symptoms.
- (d) Etiology and management.

### **SUGGESTED READINGS**

Oltman TF and Emery RE (1995) Abnormal psychology. New Delhi: Prentice Hill

of India Pvt. Ltd.

Kisker, G.W (1985). Disorganized personality. New Delhi: Mc Graw Hill.

Adams. HE and Sutkar, P.B (1984) Comprehensive Hand Book of Psychopathology.

Gmer , R.J (1998). Fundamentals of Abnormal Psychology. Newyork:WH Frenchman and Co.

Razaque, Sadique at al. (2012). New Horizons in Stress Management. New Delhi:

Ayushman publication-Private Limited

Singh A.K. (2002). Adhunik Asamnaya Manovigyan. Patna Motilal:Banarsidas.

Q.G. Alam and Srivastava, A. (2012). Apsamanya Manovigyan.

Azamgarh:Motilal

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## ORGANIZATIONAL PSYCHOLOGY

*Usually nine questions of equal value will be set, out of which students shall have to answer five questions. Q No. 1 will be compulsory consisting of seven very short answer type questions (each of two marks) conversing two entire syllabus and the Candidates are required to give their answers in maximum 50 words.*

### **Unit I: Organizational Psychology:**

- (a) Nature.
- (b) Structure and Theories-  
Classical.  
Neoclassical.  
Modern.
- (c) Current status.

### **Unit II: Problem of Employees:**

- (a) Employer- employees relationship
- (b) Style of supervision.
- (c) Role of a supervisor.
- (d) Traits of a good supervisor.
- (e) Training of a supervisor.

### **Unit III: Communication:**

- (a) Meaning and nature of communication.
- (b) Types of communication.
- (c) Barriers to communication and
- (d) Measures of effective communication.

### **Unit IV: Job Satisfaction and Incentive:**

- (a) Concept and determinants.
- (b) Theories of job satisfaction: Maslow, Vroom, Herzberg, Stogdill.
- (c) Measurement of job satisfaction.
- (d) Methods to improve job satisfaction.

## **Unit V: Organizational culture:**

- (a) Meaning.
- (b) Characteristics.
- (c) Creating and sustaining culture.
- (d) Learning culture in organization.

### **SUGGESTED READING**

Blum and Naylor (1968). Industrial Psychology: Its theoretical Social Foundation.

Tokyo: Whether Hill.

Dunnette, MD (1976). Handbook of Industrial and Organizational Psychology. Chincgo: Rand Mc Nally.

Mohanty, S (1983). Text Book of Industrial and Organization Psychology. New York: Oxford and IBH Publishing Company.

Robbins, SP (2001). Organizational Behaviour. (IX edition). New Delhi: Pearson Education.

Schein, E.H. (1997). Organizational Psychology. New Delhi: Prentice Hall of India.



## HEALTH PSYCHOLOGY

*Usually nine questions of equal value will be set, out of which students shall have to answer five questions. Q No. 1 will be compulsory consisting of seven very short answer type questions (each of two marks) conversing two entire syllabus and the candidates are required to give their answers in maximum 50 words.*

### **Unit I: Introduction: Health Promotion and Disease Prevention:**

- (a) Definition, models of health behavior, scope and application of health psychology
- (b) Neuroendocrine and neurotransmitter model of stress.
- (c) Behavioral risk factor: Smoking, drug and alcohol use, unsafe sexual behaviour, diet, sedentary life style.

### **Unit II: Stress and personality and social support as psycho-Linkage of ill health:**

- (a) Cardio-vascular disorders.
- (b) Cancer.
- (c) AIDS/HIV.
- (d) Diabetes mellitus.
- (e) Pain.

### **Unit III: Maintaining health:**

- (a) Biological.
- (b) Socio-Cultural.
- (c) Psychological.
- (e) Economic.
- (f) Spiritually-oriented interventions.

### **Unit IV: Mental Hygiene:**

- (a) Aspects of mental hygiene.
- (b) Aims and objectives of mental hygiene.
- (c) Scope of mental hygiene.

- (d) Symptoms of mentally healthy person.
- (e) Mental hygiene of mentally healthy person.

**Unit V: Communicable Diseases:** Definition, types, characteristics, etiology and treatment.

- (a) Tuberculosis.
- (b) Gonorrhoea.
- (c) Syphilis.
- (d) Common cold.

### **SUGGESTED READING**

- 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.
- Camic, P and Knights (Eds.) (1988) Clinical Hand Book of Health Psychology. Scattle: Hogiefe and Huber.
- Chopra, C. and Payne, R. (Eds.) (1991). Personality and Stress: Individual Difference in Stress Process. Chichester: Wiley.
- Friedman, G. (Ed.) (1999). Psychology: Perspectives on stress and health. New Delhi: Concept.
- Pestonjee, D.M. (1991). Stress and Coping: The Indian Experience. New Delhi: Sage.
- Razaque, S. et al (2010). New Horizon in Stress Management. New Delhi: Ayushman Publication House.
- Sarafino, E.P (1994). Health Psychology: Bio-psycho-social Interaction. New York: Wiley.
- Speiberger, C.D. and Siason, I.g.(Eds.) (1996). Stress and Emotions. Anxiety. Anger and Curiosity, Vol. 16, Washington, D.C.: Taylor and Frances.
- Tunks, E and Bellismo, A. (1991). Behavioral Medicine: Concepts and Procedures, Pergamon Press: USA
- Weinman, J, Johnston, M and Molloy, G. (2006). Health Psychology, Vol 1 to Vol 4,. Sage publications: Great Britain
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# PRACTICAL

*Fifty marks for conduction of testing and ten marks for viva-voce and ten marks for practical books. Four questions will be set, in which candidates will have to answer two questions*

## **Unit I: Personality Tests:**

- (a) Rorschach Test.
- (b) Thematic Apperception Test.
- (b) Jung's Word Association Test.
- (c) Eysenck's Personality Inventory.

## **Unit II: Intelligence Tests:**

- (a) Weschler's Intelligence Scale (Adult).
- (b) Jalota's group test of mental ability.
- (c) Chatterjee's NLTVI (Non-Language test of verbal intelligence).

## **SUGGESTED READINGS**

- Anastasi, A (1968). Psychological Testing. New York: Mc Millan.
- Cronbach, L.J. (1970). Essentials of Psychological Testing. New York: Harper and Row.
- Ciminevo, et. al. (1986). Handbook of Behavioral Assessments. New York: Willey.
- Freeman, F.S. (1962). Theory and Practice of Psychological Testing. New York: Holt, Rinehart and Winston (Indian edition).
- Singh A. K. (2006). Advanced Psychological Experiments and Testing. Patna: Motilal Banarisidas. (In Hindi).
- Md. Suleman (2010). Manovaiganik Prayog avm parikhshan Patna: Motilal Banarisidas. (In Hindi).

# STATISTICS

*Usually nine questions of equal value will be set, out of which students shall have to answer five questions. Q No. 1 will be compulsory consisting of seven very short answer type questions (each of two marks) conversing two entire syllabus and the candidates are required to give their answers in maximum 50 words.*

## **Unit 1: Introduction**

- (a) Meaning, type and application of statistics in psychology.
- (b) Difference between parametric and non-parametric statistics.
- (c) Measurement in psychology:
  - (i) Meaning.
  - (ii) Level of measurement.
  - (iii) Use of measurement.
- (d) Difference between psychological and physical measurement.

## **Unit II: The Normal Distribution:**

- (a) Nature and properties.
- (b) Application of normal distribution curve.

## **Deviations from normality.**

- (c) Skewness and its type.
- (d) Kurtosis and its type.

## **Unit III: Measurement of co-efficient of correlation:**

- a) Nature.
- b) Type.
- c) Utility of correlation.
- d) Methods of computation of correlation.
  - i. Pearson's product moment correlation.
  - ii. Biserial correlation method.
  - iii. Point biserial correlation method.



#### **Unit IV: Hypothesis testing and making inferences:**

- a) Significance of mean difference.
- b) Computation of t- value (correlated and uncontrolled.)
- c) Interpretation of t- value.
- d) Level of significance.

#### **Unit V: Non-parametric statistics:**

- (a) Assumptions and Calculations.
- (b) Man Whitney U-test.
- (c) Kendall Coefficient of Concordance.
- (d) Friedman's Two way Analysis of Variance.

### **SUGGESTED READINGS**

Chadha, N . K and Sehgal, P. R. L. (1984). Statistical Methods in Psychology. New York: EEP.

Freeman FS (1976). Theory and Practice Of Psychological Testing. New Delhi: Oxford BH Pub Co.

Garrett, HE (1991). Statistics in Psychology and Educations. Bombay: Allied Pacific Pvt. Ltd.

Guilford, JP (1987). Psychometric Methods. New Delhi: Tata McGraw Hill.

Kurtz, A.K, and Mayo, M.T. (1979). Statistical Methods in Education and Psychology. New York: Springer-Verlag.

Mohsin, SM (1992). Fundamental Statistics in Behavioural Sciencece. Patna: Motilal Banarsidas.

Sidney, Sigel and Costellan, N. John (1988). Non-parametric Statistics for the Behavioural Sciences. New York: McGraw Hill Book Company.

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## EDUCATIONAL PSYCHOLOGY

*Usually nine questions of equal value will be set, out of which students shall have to answer five questions. Q No. 1 will be compulsory consisting of seven very short answer type questions (each of two marks) covering two entire syllabus and the*

*Candidates are required to give their answers in maximum 50 words.*

### **Unit I: Concept of Education:**

- (a) Definition and aims.
- (b) Scope of educational psychology.
- (c) Significance.
- (d) Limitations of Education.

### **Unit II: Class room teaching:**

- (a) Special plans of students grouping for classroom teaching.
- (b) The problem of individual differences.
- (c) Different plans and their psychological aspects.
- (d) Heterogeneous group. Inter class grouping, individual instruction, Homogenous grouping.

### **Unit III: Education for exceptional children.**

- (a) Meaning and characteristics of exceptional children.
- (b) Advantage and disadvantages of labeling exceptional children. Gifted children education.
- (c) Adjustment of gifted and talented children.

#### **Unit IV: Educational for Special Children.**

- (a) Adjustment and education of children with attention deficit disorder (ADD).
- (b) Attention deficit hyperactivity disorder (ADHD).
- (c) Adjustment and education of children with hearing impairment.

#### **Unit V: Educational Technology and Programmed Training:**

- (a) Meaning and importance of educational technology.
- (b) Meaning of programmed learning.
- (c) Skinner's view points towards programmed learning.

### **SUGGESTED READINGS**

Divesta and Thompson (1985). Educational Psychology. New York Appleton Centry.

Fraudsem, AN (1961). Educational Psychology. New York Mc Graw Hill.

Lindgren, H. (1976). Educational Psychology in the classroom. Hong Kog: John Wiley.

Rao, S. Narayan (2002). Educational Psychology. New Delhi: New Age International (P) Limited Publishers.

S. S Chauhan (1984). Advanced Educational Psychology. New Delhi: Vikas Publishing House Pvt. Ltd.

Skinner, CE (2002). Educational Psychology. New Delhi: Prentice Hall of India Ltd.

## CLINICAL PSYCHOLOGY

*Usually nine questions of equal value will be set, out of which students shall have to answer five questions. Q No. 1 will be compulsory consisting of seven very short answer type questions (each of two marks) conversing two entire syllabus and the Candidates are required to give their answers in maximum 50 words.*

### **Unit- I: Foundation of Clinical Psychology:**

- (a) Concept, aims of clinical psychology.
- (b) Application of clinical Psychology
- (c) Current status of clinical psychology

### **Unit II: Clinical Psychologists in Action:**

- (a) Roles in child guidance clinic.
- (b) Industrial and vocational guidance clinics.
- (c) Educational institutions and mental hospitals.
- (d) Penal institutions.

### **Unit III: Psycho-diagnosis:**

- (a) Meaning and types of psychodiagnosis.
- (b) Meaning and nature of clinical interview.
- (c) Types of clinical interview.
- (d) Meaning and types of psychological tests.

### **Unit IV: Clinical Assessment:**

- (a) Meaning and nature of clinical assessment.
- (b) Components and process of clinical assessment.
- (c) Stages and techniques of clinical assessment.

### **Unit V: Psychotherapies:**

- (a) Freudian Psychoanalytic Therapy: Meaning, goal, method, merits and limitations of Freudian psychoanalytic therapy.
- (b) Cognitive Therapy: Beck cognitive therapy, Rational emotive therapy: Meaning, goal, method, merits and limitations.

- (d) Behaviour Therapy: Meaning and techniques of behavior therapy: Systematic desensitization, aversion, flooding, contingency management; merits and limitations.
- (e) Group Therapy: Meaning, method, types, merits and limitations.
- (f) Shock Therapy: Meaning, method, merits and limitations.

## **SUGGESTED READINGS**

Alam, Shah (2009). Basics of Guidance and Counselling. New Delhi: Global Vision Publishing House.

Beinstein, Douglas A and Neitzel, Michael T (1987). Introduction to Clinical Psychology. New York: Academic Press.

Kaplan, H. I. and Sadock, B. J. (1988). Comparative Test Book of Psychiatry, (5<sup>th</sup> edition). Baltimore : W. Wilkins.

Krochin, Shelden, J (1982). Modern Clinical Psychology. New Delhi : CBS Publication.

Wolpe, R and W Dryden (ed.) (1996). Hand Book of Counselling Psychology. New Delhi: Sage

Wolberg, L. R. (1988). The Techniques of Psychotherapy (IV ed.). Vol. I and Vol.

II. Philadelphia : Grune and Stratton Inc.

Hassan, S (2000). Naidanik Manovigyan. Patna: Motilal Banarsidas. (In Hindi)

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## PERSONLITY THEORIES

*Usually nine questions of equal value will be set, out of which students shall have to answer five questions. Q No. 1 will be compulsory consisting of seven very short answer type questions (each of two marks) conversing two entire syllabus and the candidates are required to give their answers in maximum 50 words.*

### **Unit- I: Personality:**

- (a) Concept.
- (b) Approaches  
Ideographic  
Nomothetic.
- (c) Types and trait.
- (d) Indian approach to personality.

### **Unit- II: Psychoanalytic strategies:**

- (a) Freud.
- (b) Adler.
- (c) Jung.

### **Unit- III: The dispositional strategy:**

- (a) Murray's need theory.
- (b) Mc Clelland- Atkinson approach to personality.

### **Unit- IV: The Phenomenological Strategy:**

- (a) Maslow need hierarchy theory.
- (b) Lewin's filed theory

### **Unit-V Determinates of personality:**

- (a) Biological
- (b) Socio-cultural
- (c) Economic.

## **SUGGESTED READINGS**

Bisoff, L.J (1970). Interpreting Personality Theories. New York: Harper and Roe.

Hall C.S and G. Lindzey (1978). Theories of Personalities (III Ed.) New York: J Wiley and Sons.

Hjelle L.A and Zeigler D.J (1991). Personality Theories : Basic Assumptions, Research and Applications (2<sup>nd</sup> ed). International Students Edition.

Srivastava Ramji, et al. (2012). Personality Psychology. Agamgarh: Motilal Banarsidas. (Hindi version).

Singh, A.K. (2007). Vyaktitva ka Manovigyan. Patna: Motilal Banarsidas.

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# **PRACTICAL**

*Fifty marks for conduction of testing and ten marks for viva-voce and ten marks for practical books.*

*Four questions will be set, in which candidates will have to answer two questions*

## **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. Reaction Time:**

- (a) Simple and Complex RT.
- (b) Choice and Discriminative RT.

## **UNIT IV. Work and Fatigue:**

- (a) Pneumography – measurement of bodily change due to emotion.
- (b) Mental work and Ergograph.



## SUGGESTED READINGS

Collins and Drever (1976). *A First Laboratory Guide to Psychology*. New York : Academic Press.

Postman, L and Egan JP (1949). *Experimental Psychology: An Introduction*. New York: Harper and Row.

Underwood, B. J. ( 1949). *Experimental Psychology*. New York: Appleton-Century – Crofts.

Woodnorth and Scholsberg (1954). *Experimental Psychology*. New York : Hall, Rinchart and Winston Inc.

*Singh, A.K. (2006). Advanced Psychological Experiments and Testing (In Hindi)*

*Suleman, M. (2005). Manovigyanik Prayog Evam Parikshan. Patna: Motilal Banarsidas. (In Hindi)*

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## **STATISTICAL METHODS FOR PSYCHOLOGICAL RESEARCH**

### **Unit 1 : Introduction:**

- a. What is psychological research?
- b. Relevance of statistics in psychological research.
- c. Descriptive and inferential statistics.
- d. Level of measurement.

### **Unit 2: Graphic representation of frequency distributions**

- a. The Histogram.
- b. The Frequency Polygon.
- c. The Cumulative frequency Curve.

### **Unit 3: Central Tendency:**

- a. The Mean.
- b. The Median.
- c. The Mode.
- d. Calculation of mean, median, mode.

### **Unit 4: Measurement of Variability:**

- a. The range.
- b. Deviation measures.
- c. Properties of the Standard Deviation.
- f. Calculation of SD.

## **Readings**

### **List :**

Garrett, H.E. (2010). Statistics in Psychology and Education. New Delhi: Surjeet

Publication.

Hussain, Shamshad (2010). Statistics in Psychology Patna: Motilal Banarsidas.

Suleiman, Md. (2012). Shikha and Manovigyan me shankhiki. Patna: Motilal

Banarsidas. Singh, A.K. (2012). Shiksha aum Manovigyan Me Shankhiki. Patna:

Motilal Banarsidas.



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## **EMERGENCE AND GROWTH OF PSYCHOLOGY**

### **Unit 1: History of Psychology:**

Origin, development of psychology as an independent science.

### **Unit 2: Contributions in Psychology:**

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

### **Unit 3: Objectivity in Psychology:**

Development of Behaviorism- contributions of Watson.

### **Unit 4: Gestalt psychology:**

Foundation of gestalt psychology, experimental contributions of gestalt psychology, criticism of gestalt psychology, present states 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.

Singh, A. K (2002). Manovigyan ka Sampradaya Evam Ithias Patna : Motilal Banarsidas.

**Practical – I**

**1. Sensory-Motor Learning:**

*Effect of practice on sensory-motor learning.*

- (a) Bi-lateral transfer. (Positive transfer)
  - (b) Habit-interference (negative transfer)
2. Noise and Sensitivity Scale by Mohar I.S. et al.
3. Bhatia Battery of Performa test of intelligence.

**Reading List**

Mohsin, S.M. (1982). Experiments in psychology.

Sulaiman, M. (1996). Manovigyanik prayog aur parikshan.

Sinha R.R.P and Mishra, B.K. (1984). Manovigyan Mein Prayog ewam Sankhiyeki

Patna: Bharati Bhawan.

Sulaiman, Md. (1996): Manovigyanik prayog aur Parikshan. Patna: Motilal

Banarsidas. Mohsin., S.M. (1982). Experimental Psychology Patna Motilal Banarasi

Das.