

**SYLLABUS FOR PSYCHOLOGY**  
**B.A.(HONS.)**

### Semester I

Paper		Total Marks		Distribution of marks mid and end semester			
		FM	PM	Mid-Semester		End-semester	
				FM	PM	FM	PM
Foundation of Psychology	C.C-1.T	75	40%	20% of total marks	40%	80% of total marks	40%
Statistical method for psychological research.	C.C-2.T	75	40%	20% of total marks	40%	80% of total marks	40%
Practical - I	C.C-1&2P	50	40%	20% of total marks	40%	80% of total marks	40%
*General Psychology	GE-1.T	75	40%	20% of total marks	40%	80% of total marks	40%
*Practical - II	GE-1P	25	40%	20% of total marks	40%	80% of total marks	40%
AECC	AECC-1	50	40%	20% of total marks	40%	80% of total marks	40%

**\* Not for Psychology Honours students.**

Psychology Honours students will choose G.E. of any one of the following subjects.

- (i) History.
- (ii) Geography.
- (iii) Political Science.
- (iv) Economics.
- (v) Anthropology.
- (vi) Sociology.

## **Foundations of Psychology.**

*Time: 3 Hours*

*Full Marks: 60  
(for end semester)*

*Eight questions of equal value (i.e. 15 marks each) will be set, out of which four questions are to be answered. Question no.1 will be compulsory comprising 15 objective type questions covering the entire syllabus.*

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

- (a) Nature and definition
- (b) Methods of psychology.
- (c) Branches of psychology.
- (d) Psychology in modern India.

### **Unit 2 : Perception:**

- (a) Concept and process.
- (b) Role of attention in perception.
- (c) Perceptual organization.
- (d) Illusion and Hallucination

### **Unit 3 : Learning and Motivation:**

- (a) concept of learning.
- (b) Theories of learning.
  - \* Trial and Error Theory
  - \* Classical Conditioning Theory
  - \* Insight Theory
- (c) Motivation: Concept and types.
- (d) Role of motivation in learning.

#### **Unit 4: Memory**

- (a) Concept.
- (b) Types of memory.
- (c) Difference between LTM and STM.
- (d) Forgetting: Nature and Causes.

#### **Readings List :**

Baron, R. and Misra, G. (2013). Psychology. New Delhi: Pearson.

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

Ciccarelli, S. K. and Meyer, G. E. (2010). Psychology. New Delhi Pearson Education.

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

Md. Suleman (2012) : Adhunic Samanya Manougyan. Patna: Motilal Banarsidas. (In Hindi)

Sing, A. K (2012). Adhunic Samanya Monavigyan. Patna: Motilal Banaridas. (In Hindi)

# Statistical Methods for Psychological Research

*Time: 3 Hours*

*Full Marks: 60  
(for end semester)*

*Eight questions of equal value (i.e. 15 marks each) will be set, out of which four questions are to be answered. Question no.1 will be compulsory comprising 15 objective type questions covering the entire syllabus.*

## **Unit 1 : Introduction:**

- a. What is psychological research?
- b. Types of Psychological Research
- b. Relevance of Psychological Research.
- d. Level of measurement.

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

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

## **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, quartile deviation, average deviation.

- b. Deviatonal 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 samajvigyan aum Manovigyan Me Shankhiki. Patna: Motilal Banarsidas.

## **Practical – I**

*Time: 4 hours*

*Full Marks: 40  
(for end semester)*

*Marks distribution; experiment – 15 each viva-voce- 5 N. B- 5*

*Four questions will be set out of which candidates be required to answer two questions.*

### **1. Sensory-Motor Learning:**

*Effect of practice on sensory-motor learning.*

- (a) Bi-lateral transfer. (Positive transfer)
- (b) Habit-interference (negative transfer)

### **2. Verbal Learning:**

Memorising non-sense syllable by the methods of:

- (a) Prompting and Anticipation.
- (b) Paired association.

## **Reading List**

Mohsin, S.M. (1982). Experiments in Psychology. Patna: Motilal Banarsidas.

Sulaiman, M. (1996). Manovigyanik Prayog Aur Parikshan. Patna: Motilal Banarsidas.

Singh, A.K. (2011). Uchhtar Manovigyanic prayog evam parikshan. Patna: Bharti Bhawan.

## General Psychology

*Time: 3 Hours*

*Full Marks: 60  
(for end semester)*

*Eight questions of equal value (i.e. 15 marks each) will be set, out of which four questions are to be answered. Question no.1 will be compulsory comprising 15 objective type questions covering the entire syllabus.*

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

- (a) Definition.
- (b) Goals of psychology.

### **Unit 2: Methods of Psychology:**

- (a) Experiment.
- (b) Interview.
- (c) Observation.

### **Unit 3: Audio-visual Processes:**

- (a) Structure and function of eye.
- (b) Structure and function of ear.

### **Unit 4: Perceptual Processes:**

- (a) Perception: Concept and process.
- (b) Views of perception: Behavioristic and Gestalt.
- (c) Social and personal factors in perception.



### **Reading List:**

Wood, S.E. and Wood, E.G. (1996): The world of Psychology. New York: Allyn-Bacon.

Rahman, A. (1998): Samanya Manovigyan Vishay aur Viyakhya: Motilal Banarasidas.

Suleiman, Md (1996): Uchhtar Samanya Manovigyan: Patna: Motilal Banarsidas.

## Practical - II

*Time: 4 hours*

*Full Marks: 20  
(for end semester)*

*Marks distribution; experiment - 10 viva-voce- 5 N. B- 5*

*Four questions will be set out of which candidates be required to answer two questions.*

### **1. Verbal learning:**

- (a) Simple reproduction.
- (b) Serial reproductoin.

### **2. Method of Learning.**

- (a) Massed vs Distributed.
- (b) Part vs Whole.

## Reading List

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

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

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

Singh, A.K. (2011). Uchchtar Manovyganic prayog evam parikshan. Patna: Bharti Bhawan.

## Semester II

Paper		Total Marks		Distribution of marks mid and end semester			
		FM	PM	Mid-semester		End-semester	
				FM	PM	FM	PM
Bio - Psychology	C.C-3.T	75	40%	20% of total marks	40%	80% of total marks	40%
Educational Psychology - I	C.C-4.T	75	40%	20% of total marks	40%	80% of total marks	40%
Practical - I	C.C-3&4P	50	40%	20% of total marks	40%	80% of total marks	40%
*Abnormal Psy	GE-2.T	75	40%	20% of total marks	40%	80% of total marks	40%
*Practical - II	GE-2P	25	40%	20% of total marks	40%	80% of total marks	40%
AECC-2	AECC-2	50	40%	20% of total marks	40%	80% of total marks	40%

**\* Not for Psychology Honours students.**

Psychology Honours students will choose G.E. of any one of the following subjects.

- (i) History.
- (ii) Geography.
- (iii) Political Science.
- (iv) Economics.
- (v) Anthropology.
- (vi) Sociology.

## **Biopsychology**

*Time: 3 Hours*

*Full Marks: 60  
(for end semester)*

*Eight questions of equal value (i.e. 15 marks each) will be set, out of which four questions are to be answered. Question no.1 will be compulsory comprising 15 objective type questions covering the entire syllabus.*

### **Unit I : Introduction to biopsychology**

- (a) Nature.
- (b) Scope.
- (c) Methods.

### **Unit 2: The functioning of brain:**

- (a) Structure.
- (b) Functions of neurons.
- (c) Neural conduction.
- (d) Synaptic transmission.
- (e) Organization of nervous systems.

### **Unit 3. Behavioral regulations:**

- (a) Biological basis of learning.
- (b) Biological basis of memory.
- (c) Hormones.
- (i) Thyroid gland.

- (ii) Parathyroid gland.
- (iii) Pancreas gland.

**Unit 4.      Emotionality:**

- (a) Role of hypothalamus in emotionality.
- (b) James-Lange theory of emotion.
- (c) Cannon-Bard theory of emotion.

**Reading List**

Breedlove, S. M., Rosenzweig, M. R. and Watson, N. V. (2007). Biological Psychology: An introduction to behavioral, cognitive, and clinical neuroscience (5<sup>th</sup> Edition). Sunderland, Massachuset.

Carlson, N. R. (2009) Foundations of Physiology (6<sup>th</sup> Edition). New Delhi: Pearson Education.

Pinel, J. P. (2011). Biopsychology (8<sup>th</sup> Edition). New Delhi: Pearson Education.

Singh, A.K. (2014). Neuro-psychology. Patna: Motilal Banarsidas.

Levinthel, Charies F. (1990). Introduction to Psychological Psychology. New Delhi: Prentice Hall of India.

## **Educational Psychology - I**

*Time: 3 Hours*

*Full Marks: 60  
(for end semester)*

*Eight questions of equal value (i.e. 15 marks each) will be set, out of which four questions are to be answered. Question no.1 will be compulsory comprising 15 objective type questions covering the entire syllabus.*

### **Unit 1: Educational Psychology:**

- (a) Concept.
- (b) Aims.
- (c) Scope.
- (d) Significance.

### **Unit 2: Education for special children:**

- (a) Concept.
- (b) Adjustment.
- (c) Education of mentally retarded children.

### **Unit 3: Educational technology and programmed learning:**

- (a) Meaning.
- (b) Importance.
- (c) Nature of programmed learning.
- (d) Skinner view points of programmed learning.

### **Unit 4: Class room Management:**

- (a) Ecology of Classroom.
- (b) Social psychology of classroom.

- (c) Discipline.
- (d) Communication.

### **Reading List**

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 Kong : John Willey.

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.

Suleman, Md. and Sinha, R.K. (2005). Uchchtar Shiksha Manovigyan. Patna; Motilal Banarsidas. (In Hindi).

Singh, AK (2007). Shiksha Manovigyan. Patna: Bharti Bhawan. (In Hindi)

## **Practical**

*Time: 4 hours*

*Full Marks: 40  
(for end semester)*

*Marks distribution; experiment – 15 each viva-voce- 5 N. B- 5*

*Four questions will be set out of which candidates be required to answer two questions.*

### **Test of Intelligence :**

1. Alexander's test Battery of Intelligence (Pass Along test, Koh's Block Design , Cube Construction test.)
2. Mohsin's General Intelligence Test.
3. Jalota's Test of Intelligence.
4. Raven Progressive Matrices.

### **Reading List:**

Sinha, R.R.P (2001). Manovigyan me prayog, Parikchan aur Snakhiyeki.Patna: Bharti Bhawan.

Suleiman, M (1999). Manovigyan Prayog aur Parikshan. Patna: Motilal Banarsidas.

Anastasi, A. (1988). Psychological Testing .New York: McMillan.

Singh, A.K. (2011). Uchchar Manovigyanik Prayog aur Parikshan. Patna: Bharti Bhawan.



## **Abnormal Psychology**

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

- a) Nature and definition.
- b) Difference between Normal and abnormal
- c) Criteria of abnormality.

### **Unit II. Clinical Status:**

- a) Difference between psychosis and psychoneurosis.
- b) Anxiety Disorder- symptoms, etiology.
- c) Conversion Disorder (Hysteria) symptoms etiology.
- d) Schizophrenia, symptoms and causes.

### **Unit III. Alcoholism and Drug Addiction**

- a) Nature and definition.
- b) Causes
- c) Rehabilitation.

### **Unit IV. Mental Retardation:**

- a) Nature, types, Characteristics.
- b) Causes
- c) Rehabilitation .

## **Reading List**

Ohman TF and Emery R.E. (1995). Abnormal Psychology. New Delhi: Prentice Hill of India Pvt Ltd.

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

Razaque, Sadique et al. (2012). New Horizons in stress management. New Delhi: Ayushman publication Pvt Ltd.

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

Q.G. Alam and Srivastava, A. (2012). Apsmanya Manovigyan Azamgarh: Motilal Banarsidas.

## **Practical**

*Time: 4 hours*

*Full Marks: 20  
(for end semester)*

*Marks distribution; experiment - 10 viva-voce- 5 N. B- 5*

*Four questions will be set out of which candidates be required to answer two questions.*

1. Moudsley Personality Inventory.
2. Mohsin's Bell Adjustment Inventory.
3. Word Association Test.
4. Sinha Comprehensive Anxiety Scale.

### **Reading List:**

Groth- Marnat, Garry (2005). The Handbook of Psychological Assessment (4 Ed). New York: John Wiley and Sons.

Suleman, M. (2012) Manovigyan Mein Prayog aur Parikshan. Patna: Motilal Banarsidas. (In Hindi)

Singh, A.K. (2011). Uchchatar Manovigyanik Prayog aur Parikshan. Patna: Bharti Bhawan (In Hindi).

### Semester III

Paper		Total Marks		Distribution of marks mid and end semester			
		FM	PM	Mid-semester		End-semester	
				FM	PM	FM	PM
Research Methodology	C.C-5.T	75	40%	20% of total marks	40%	80% of total marks	40%
Health Psychology	C.C-6.T	75	40%	20% of total marks	40%	80% of total marks	40%
Applied Social Psychology	C.C-7.T	75	40%	20% of total marks	40%	80% of total marks	40%
Practical - I	C.C-5,6&7P	75	40%	20% of total marks	40%	80% of total marks	40%
*Psychology at Work	GE-3.T	75	40%	20% of total marks	40%	80% of total marks	40%
*Practical - II	GE-3 P	25	40%	20% of total marks	40%	80% of total marks	40%

**\* Not for Psychology Honours students.**

Psychology Honours student will choose G.E. of any one of the following subjects.

- (i) History.
- (ii) Geography.
- (iii) Political Science.
- (iv) Economics.
- (v) Anthropology.
- (vi) Sociology.

## Research Methodology

*Time: 3 Hours*

*Full Marks: 60  
(for end semester)*

*Eight questions of equal value (i.e. 15 marks each) will be set, out of which four questions are to be answered. Question no.1 will be compulsory comprising 15 objective type questions covering the entire syllabus. .*

### **Unit 1: Psychological research.**

- (a) Definition.
- (b) Goal.
- (c) Steps in Psychological research.
- (d) Ethics in psychological research.

### **Unit 2 Sampling:**

- (a) Definition.
- (b) Probability sampling methods.
- (c) Non- probability sampling methods.

### **UNIT 3: Non - experimental Methods (1):**

- (a) Case study.
- (b) Observation.
- (c) Survey.

### **UNIT 4: Non-experimental methods (II):**

- (a) Psychological testing.
- (b) Standardization.
- (c) Reliability.
- (d) Validity.
- (f) Norm.

### **Reading List:**

Chadha, N. K. (2009). Applied Psychometric. New Delhi: Sage Publication.

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

Gregory, R.J. (2006). Psychological Testing: History, Principles, and Applications (4<sup>th</sup>Ed.). New Delhi: Pearson Education.

Murphy, K.R. and Davidshofer, C. O. (2004). Psychological Testing: Principles and Applications (6<sup>th</sup> Ed.). New Jersey: Prentice Hall.

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

Willig, C. (2001). Introducing Qualitative research in Psychology: Adventures in Theory and Method. Philadelphia: Open University Press.

Singh , A.K. (2013). Research methods in Behavioural Sciences. Patna: Student's Friends Publication.

Md. Suleman (2013). Manovigyan me shodh pranaly. Patna: Motilal Banarasisidas (In Hindi).

## **Health Psychology**

*Time: 3 Hours*

*Full Marks: 60  
(for end semester)*

*Eight questions of equal value (i.e. 15 marks each) will be set, out of which four questions are to be answered. Question no.1 will be compulsory comprising 15 objective type questions covering the entire syllabus.*

### **Unit 1: Introduction to Health Psychology:**

- (a) Components of health as social, emotional, cognitive and physical aspects.
- (b) Relationship between health and psychology.
- (c) Mind and body relationship.
- (d) Goals of health psychology.

### **Unit 2: Well-Being:**

- (a) Concept of well being.
- (b) Components of well-being.

### **Unit 3: Managing stress :**

- (a) Concept and causes.
- (b) Consequences.
- (c) Methods to reduce stress.

### **Unit 4: Health enhancing behaviors:**

- (a) Implications for well-being.
- (b) Psychological factors as resilience, hope, optimism, positive self.
- (C) Physical factors as exercise, safety, nutrition, etc.

### **Reading List:**

Carr, A. (2004). Positive Psychology: The science of happiness and human strength. UK: Routledge.

DeMatteo, M. R. and Martin, L.R. (2002). Health Psychology. New Delhi: Pearson.

Misra, G. (1999). Stress and Health. New Delhi: Concept.

Sarafino, E.P. (2002). Health psychology: Bio-psychosocial interactions (4<sup>th</sup> Ed.).NY: Wiley.

Snyder, C.R., and Lopex, S.J. (2007). Positive Psychology: The Scientific and Practical Explorations of Human Strengths. Thousand Oaks, CA: Sage.

Taylor, S.E. (2006). Health Psychology (6<sup>th</sup> Ed.). New Delhi: Tata McGraw Hill.

Razaque. et al. (2012). New Horizon in Stress Management. New Delhi: Ayushman publishing House Private Ltd.

Razaque, et al. (2018). Psychological Dimensions of AIDS. New Delhi: Ayushman Publishing House Private Ltd.



# **Applied Social Psychology**

*Time: 3 Hours*

*Full Marks: 60  
(for end semester)*

*Eight questions of equal value (i.e. 15 marks each) will be set, out of which four questions are to be answered. Question no.1 will be compulsory comprising 15 objective type questions covering the entire syllabus.*

## **Unit : 1 Introduction:**

- a) Definition and nature of applied social psychology.
- b) Importance and applications of applied social psychology.
- c) Scope and current status of applied social psychology.

## **Unit : 2 Crime and Criminals:**

- a) Definition, nature and characteristics of Crime and Criminals
- b) Psychological, Biological and Socio-cultural explanation of Crime and Criminals
- c) Preventive measures of Crime

## **Unit : 3 Terrorism:**

- a) Definition, nature and characteristics.
- b) Origin and development in India.
- c) Consequences and preventive measures.

## **Unit : 4 Violence against Women:**

- a) Definition, nature and characteristics.
- b) Type, causes and consequences.
- c) Legal act for prevention.

### **Reading List:**

- Singh, AK. (2013). Samaj Manovigyan ki Ruprekha. Patna: Motilal Banarsidas.
- Suleman, Md(2012). Manovigyan aur Samajik Samasyaye. Patna: Motilal Banarsidas.
- Prasad, Navratan(2009). Samajik Samasyaye. Patna: Motilal Banarsidas.
- Baron , R and Byrne(2010). Social Psychology. New Delhi: Pearson Education.
- K, Renu(2010). Apradhsashtra aur Samajik Samasyaye. New Delhi: Atlantic Publication.
- Pandey, G(2010). Samaj Manovigyan. New Delhi: Atlantic Publication.
- Bandura, A(1990). Aggression : A social learning analysis.New Jersey: Prentice Hall
- Razaque, Sadique (2004). Dimensions of Human Behaviour. New Delhi: Manak publication.
- Gelles and Cornell(2005). Intimate violence in families. Beverly Hills, Sage Publication.
- Saxena, NS(2010). Terrorism: History and facets in the world and India. New Delhi: Abhinav Publication.
- Ahuja, Ram (2010). Sociological Criminology. New Delhi: New Age International Publisher.
- Fitzgerald, Mike(2005). Crime and Society, New York Hammond Worth.
- Becker, Howard(2004). Social problem: A modern approach. New York: John Willey.

## **Practical - I**

*Time: 4 hours*

*Full Marks: 60  
(for end semester)*

*Marks distribution; experiment – 25 each viva-voce- 5 N. B- 5*

*Four questions will be set out of which candidates be required to answer two questions.*

1. Colour Preference Test.
2. Knowledge of Result.
3. Muller- Iyer Illusion
4. Verification of Weber law on lifted weight by the method of Limit and method of Constant Stimulus Difference.

### **Reading List:**

Suleman, Md (2012). Manovigyan Mein Prayog aur Parikshan. Patna: Motilal Banarasisidas.

Sinha, RRP (2001). Manovigyan me prayog, parikshan aur sankhiyiki. Patna: Bharti Bhawan.

Anastasi, A (1988). Psychological testing. New York: McMillan.

Singh, A.K. (2011). Uchhtar Manovigyanik Mein Prayog aur Parikshan. Patna: Bharti Bhawan. (In Hindi).

# Psychology at work

*Time: 3 Hours*

*Full Marks: 60  
(for end semester)*

*Eight questions of equal value (i.e. 15 marks each) will be set, out of which four questions are to be answered. Question no.1 will be compulsory comprising 15 objective type questions covering the entire syllabus.*

## **Unit 1: Work Psychology:**

- (a) The origin of work psychology.
- (b) Work Psychology Today.
- (c) Work Psychology and Common sense.

## **Unit 2: Fatigue and Monotony:**

- (a) Concept and definition.
- (b) Causes.
- (c) Remedy.

## **Unit 3: Accident:**

- (a) Nature
- (b) Causes.
- (c) Prevention.

## **Unit 4: Stress at work:**

- (a) What is stress?
- (b) The cost of stress.
- (c) The source of stress at work.
- (d) Reduction of stress at work.

### **Reading List:**

John, Aronld, Ivan, T Robertson, Cary, L. Cooger (2012). Work Psychology. New Delhi: McMillan India.

Blum and Naylor (1968). Industrial Psychology: Its theoretical social foundation. Tokyo: Whether Hill.

Dunnetle, MD (1976). Handbook of Industrial and Organizational Psychology. Chinggo: Rand McMilly.

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

Suleman, M. and Choudhary. V.K. (2012). Adhunik Odyogik avam sangathnatmak manovigyan Patna: Motilal Banarsidas.

Razaue, Sadique et al. (2009). New Horizon in stress management. New Delhi: Ayushman Publishing House Private Limited.

## **Practical - II**

*Time: 4 hours*

*Full Marks: 20  
(for end semester)*

*Marks distribution; experiment – 10 viva-voce- 5 N. B- 5*

*Four questions will be set out of which candidates be required to answer two questions.*

- (a) Alexander performance Battery. Pass along test koh's Block design test, Cube construction test.
- (b) General Intelligence test.
- (c) Jalota test of intelligence.

## **Reading List**

Groth- Marnat, Garry (2005). The Handbook of Psychological Assessment ( 4 Ed). New York: John wiley and Sons.

Suleiman, M. (2012) Manovigyan Mein Prayog aur Parikshan. Patna: Motilal Banarisidas.

Singh, A.K. (2011). Uchhtar Monovaigyanik Mein Prayog aur Parikshan. Patna: Bharti Bhawan.

### Semester IV

Paper		Total Marks		Distribution of marks mid and end semester			
		FM	PM	Mid-semester		End-semester	
				FM	PM	FM	PM
Emergence and growth of Psychology	C.C-8.T	75	40%	20% of total marks	40%	80% of total marks	40%
Statistics II	C.C-9.T	75	40%	20% of total marks	40%	80% of total marks	40%
Social Issues	C.C-10.T	75	40%	20% of total marks	40%	80% of total marks	40%
Practical - I	C.C-8,9&10.P	75	40%	20% of total marks	40%	80% of total marks	40%
*Social Psychology	GE-4.T	75	40%	20% of total marks	40%	80% of total marks	40%
*Practical - II	GE-4 P	25	40%	20% of total marks	40%	80% of total marks	40%

**\* Not for Psychology Honours students.**

Psychology Honours students will choose G.E. of any one of the following subjects.

- (i) History.
- (ii) Geography.
- (iii) Political Science.
- (iv) Economics.
- (v) Anthropology
- (vi) Sociology.

## **Emergence and Growth of Psychology**

*Time: 3 Hours*

*Full Marks: 60  
(for end semester)*

*Eight questions of equal value (i.e. 15 marks each) will be set, out of which four questions are to be answered. Question no.1 will be compulsory comprising 15 objective type questions covering the entire syllabus.*

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

- (a) Origin
- (b) Development of psychology as an independent science.

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

- (a) Wilhelm Wundt,
- (b) E.B. Titchener,
- (c) William James.

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

- (a) Development of Behaviorism
- (b) Contributions of Watson.

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

- (a) Foundation of gestalt psychology.
- (b) Criticism of gestalt psychology
- (c) Present status of gestalt psychology.



### **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. (In Hindi)

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

## Statistics II

*Time: 3 Hours*

*Full Marks: 60  
(for end semester)*

*Eight questions of equal value (i.e. 15 marks each) will be set, out of which four questions are to be answered. Question no.1 will be compulsory comprising 15 objective type questions covering the entire syllabus.*

### **Unit 1: Normal Probability Curve:**

- (a) The nature of normal probability curve.
- (b) Characteristics of normal probability curve.
- (d) Use of normal probability curve.

### **Unit 2: Correlation:**

- (a) Historical perspectives.
- (b) Coefficient of correlation.
- (c) Calculation of Pearson coefficient of correlation.
- (d) Spearman's rank order correlation coefficient.

### **Unit 3: Null hypothesis:**

- (a) Concept.
- (b) Computation of Chi - Square.
- (c) Testing of divergence of observed result from expected on the hypothesis of equal probability.
- (d) 2X2 contingency table.

### **Unit 4: 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.

**Reading List:**

Suleman, Md. (2012). Shikah and Manovigyan the shankhiki. Patna: Motilal Banarsidas.

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

Garrelt, H.E (2012). Statistics in Psychology and education. New Delhi; Surjeet publication.

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

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

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

## Social Issues

*Time: 3 Hours*

*Full Marks: 60  
(for end semester)*

*Eight questions of equal value (i.e. 15 marks each) will be set, out of which four questions are to be answered. Question no.1 will be compulsory comprising 15 objective type questions covering the entire syllabus.*

### **Unit 1: Social system:**

- (a) Psychological understanding of social system.
- (b) Indian family system.
- (c) Social stratification- caste, class, power, social identities- religious ethics.

### **Unit 2: Deprivation:**

- (a) Social inequity, poverty and deprivation:
- (b) Social and psychological analysis of deprivation;
- (c) Consequences of deprivation,
- (d) Poverty-cause and measures.

### **Unit 3: Environmental issues:**

- (a) Environment, culture and behaviour.
- (b) Crowd – concept and theories: Group mind theory. Theory of repressed desires, Theory of social facilitation McDougall's Mental Homogeneity theory
- (C) Consequences of crowding.

### **Unit 4: Anti-Social behavior:**

- (a) Corruption and bribery.
- (b) Crime and delinquency- causes, measures.

### **Reading List:**

Misra, G. (1990). Applied Social Psychology in India. New Delhi, Sage.

Forsea, M. (1998). Family and Marriage in India, Japan: Sachi.

Sinha, D., Tripathi R.C. and Misra, G. (1995). Deprivaiton: Its social roots and psychological consequences. New Delhi: Concept.

Tripathi, R.C. (1998). Applied Social Psychology. In J. pandey (ed.) Psychology in India, The state of the Art. Vol. II., New Delhi.

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

Alam, R and Razaque, (2006). Social Dimension of Human Behavior. New Delhi: Manak Publication.

Ranjan. Annita (2015). MANGREA and women empowerment. New Delhi: Ocean Books Pvt. Ltd.

Ranjan, Annita (2015). Bringing modernity to their doorsteps. Noida: Metro Publishing Company.

## **Practical**

*Time: 4 hours*

*Full Marks: 60  
(for end semester)*

*Marks distribution; experiment – 25 each viva-voce- 5 N. B- 5*

*Four questions will be set out of which candidates be required to answer two questions.*

1. Noise Sensitivity Scale by Mohar, Bhatia and Sahgal.
2. Emotional Maturity Scale by Mahesh Bhargav..
3. Social Adjustment Inventory by R.C, Deva.
4. Life Satisfaction Scale by Pramod kumar.

### **Reading List:**

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

Suleman, Md. (1996): Manovigyan mein prayog aur Parikshan. Patna: Motilal Banarsidas.

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

## **Practical**

*Time: 4 hours*

*Full Marks: 20  
(for end semester)*

*Marks distribution; experiment – 10 viva-voce- 5 N. B- 5*

*Four questions will be set out of which candidates be required to answer two questions.*

### **1. Attention:**

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

### **2. Forgetting**

- (a) Test of retroactive inhibition.
- (b) Test of proactive inhibition.

### **Reading List:**

Suleman, Md. (2012). *Manovigyan Mein Prayog aur Parikshan*. Patna: Motilal Banarsidas.

Sinha, R.R.P and Mishra, B.K. (1984). *Manovigyan Mein prayog ewam sankhiyeki*. Patna: Bharati Bhawarn .

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

## **Social Psychology**

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

- a) Nature and Definition.
- b) Scope.
- c) Utility.

### **Unit II. Leadership :**

- a) Nature and Definition.
- b) Type and Traits.
- c) Functions of leader.
- d) Difference Between Democratic and Authoritarian leadership.

### **Unit III. Public Opinion :**

- a) Definition.
- b) Factors.
- c) Role of media in Public Opinion.
- d) Measurement of Public Opinion.

### **Unit IV. Social Tension :**

- a) Nature.
- b) Causes.
- c) Remedies.



## **Reading List**

Baron, R.A and Byrne, D. (2000). Social Psychology. New Delhi: Prentice Hall.

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: McGraw 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).

### Semester V

Paper		Total Marks		Distribution of Marks Mid and End Semester			
		FM	PM	Mid-Semester		End-semester	
				FM	PM	FM	PM
Organizational Psychology	C-11.T	75	40%	20% of total marks	40%	80% of total mark	40%
Abnormal Psychology	C-12.T	75	40%	20% of total marks	40%	80% of total mark	40%
Practical I	C-11&12P	50	40%	20% of total marks	40%	80% of total mark	40%
Educational Psychology - II	DSE-1.T	75	40%	20% of total marks	40%	80% of total mark	40%
Environmental Psychology	DSE-2.T	75	40%	20% of total marks	40%	80% of total mark	40%
Practical II	DSE-1&2.p	50	40%	20% of total marks	40%	80% of total mark	40%

## Organizational Psychology

*Time: 3 Hours*

*Full Marks: 60  
(for end semester)*

*Eight questions of equal value (i.e. 15 marks each) will be set, out of which four questions are to be answered. Question no 1 will be compulsory comprising 15 objective type questions covering the entire syllabus.*

### **Unit 1 : Introduction and issues in Organizational Psychology:**

- (a) Brief History of Organizational Psychology.
- (b) Current status of Organizational Psychology.
- (c) Psychology in the Indian Context: Organizational Structure.
- (d) Organizational Climate and Culture.

### **Unit 2: Introduction of work related attitudes and work motivation:**

- (a) Job satisfaction, Determinants of job satisfaction.
- (b) Job involvement.
- (c) Organization commitment.
- (d) Organizational Citizenship Behavior.

### **Unit 3: Leadership:**

- (a) Contemporary perspectives on leadership.
- (b) Cross-cultural leadership issues.
- (c) Indian on leadership.
- (d) Diversity issues in leadership.

### **Unit 4: Positive Organizational Behavior:**

- (a) Optimism.
- (b) Skill development in organization.

- (c) Self-Efficacy.
- (d) Work life balance.

**Reading list:**

Arnoldt, M.G. (2001). Industrial Organizational Psychology. Indiana: Cengage Learning.

Greenberg, J. and Baron, R.A. (2007). Behaviour in Organizations (9<sup>th</sup> Ed.). Indiana: Dorling Kindersley.

Luthans, F. (2009). Organizational Behaviour. 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 Organizational Behaviour. Oxford: Oxford University Press.

Prakash, A. (2011). Organizational Behaviour in India: An indigenous perspective. In G. Misra (Ed.), Handbook of Psychology. New Delhi: Oxford University Press.

Singh, K. (2010). Organizational behaviour: Texts and Cases. Indiana: Dorling Kindersley.

## Abnormal Psychology

*Time: 3 Hours*

*Full Marks: 60  
(for end semester)*

*Eight questions of equal value (i.e. 15 marks each) will be set, out of which four questions are to be answered. Question no.1 will be compulsory comprising 15 objective type questions covering the entire syllabus.*

### **Unit 1: Definition of abnormality:**

- (a) Criteria
- (b) Classification
- (c) Clinical assessment.

### **Unit 2: Clinical States:**

- (a) Clinical Picture of GAD, OCD and Phobias.
- (b) Dynamics of anxiety disorders.
- (c) Clinical picture of conversion disorder and its dynamics.
- (d) Clinical picture of dissociative identity disorder and its dynamics.

### **Unit 3: Developmental Disorders:**

- (a) Mental Retardation,
- (b) Autism,
- (c) ADHD.
- (d) Learning disabilities.

**Unit4: Diathesis-Stress Model:**

- (a) The Impact of stress on Physiological parameters (Coronary Heart Diseases and Essential Hypertension)
- (b) Substance-related disorder.

**Reading List:**

Ahuja N. (2011). A short Textbook of psychiatry (7<sup>th</sup> Ed.) New Delhi: Jaypee.

Barlow D.H. and Durand V.M. (2005). Abnormal Psychology: An Integrated Approach (4<sup>th</sup> Ed.) Wassworth: New York.

Carson R.C., Butcher J.N., Mineka, A., and Hooley J.M (2007). Abnormal Psychology (13<sup>th</sup> Ed.). ND: Pearson Education.

Kring, A. M., Johnson, S. L., Davison G.C. and Neale J.M. (2010). Abnormal Psychology (11<sup>th</sup> Ed. ). NY: John Wiley.

## **Practical**

*Time: 4 hours*

*Full Marks: 40  
(for end semester)*

*Marks distribution; experiment – 15 each viva-voce- 5 N. B- 5*

*Four questions will be set out of which candidates be required to answer two questions.*

- a. Recall and Recognition.**
- b. Aesthesiometric Index.**  
**( Method of limits)**
- c. Zeigarnik effect.**
- d. Role of mental set in thinking.**

### **Reading List:**

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

Suleman, Md. (1996): Manovigyan mein prayog aur Parikshan. Patna: Motilal  
Banarsidas.

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

## **Practical II**

*Time: 4 hours*

*Full Marks: 40  
(for end semester)*

*Marks distribution; experiment – 15 each viva-voce- 5 N. B- 5*

*Four questions will be set out of which candidates be required to answer two questions.*

1. R.T.
2. Cattell 16 PF
3. Chatterji's non-verbal test of intelligence.(NLTVI)
4. Ahluwalia Teacher Attitude Inventory.

### **Reading List**

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

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



## **Educational Psychology - II**

*Time: 3 Hours*

*Full Marks: 60  
(for end semester)*

*Eight questions of equal value (i.e. 15 marks each) will be set, out of which four questions are to be answered. Question no.1 will be compulsory comprising 15 objective type questions covering the entire syllabus.*

### **Unit 1: Educational Psychology:**

- (a) Concept.
- (b) Scope of educational psychology.
- (c) Contribution of psychology in education.

### **Unit 2: Human Development:**

- (a) Concept, principles and sequential stages of development.
- (b) Factors influencing development and their relative roles.
- (c) General characteristics and problem for each stage.

### **Unit 3: Learning:**

- (a) Concept, Types of learning.
- (b) Various view points of learning.

### **Unit 4: Individual difference: Concept of individual difference:**

- (a) Creativity - nature, process, identification, fostering and guiding, creative children.
- (b) Adjustment of teaching- learning process to suit individual difference, learning style and teaching strategies.

### **Reading List:**

Kakar (2015). Educational Psychology. New Delhi: Prentice Hall.

Skinner (2010). Educational Psychology. New York: Academic.

Singh, A.K. (2015). Shiksha Manovigyan. Patna: Motilal Banarsidas.

Suleman, Md. (2015) Ucchar Shiksha Manovigyan. Patna: Motilal Banarsidas.

## **Environmental Psychology**

*Time: 3 Hours*

*Full Marks: 60  
(for end semester)*

*Eight questions of equal value (i.e. 15 marks each) will be set, out of which four questions are to be answered. Question no.1 will be compulsory comprising 15 objective type questions covering the entire syllabus.*

**Unit 1: Introduction:**

Nature and scope of Environmental Psychology, Importance of Environmental psychology in modern times.

**Unit 2: Methods of Environmental psychology:**

Survey method, Field method, observation method, Experimental method.

**Unit 3: Environmental Social Issues:**

Environmental, culture and behavior Crowding-explanation and consequences.

**Unit 4: Deforestation and Environment :**

Concept, Causes of deforestation, Impact of deforestation on human behavior.

### **Suggested Readings**

Bann, A, Singer, J and Valin, S. (1978). *Advances in Environmental Psychology*. New York: Eribaum.

Ittelson, W.H. et al. (1974). *And 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.

### Semester VI

Paper		Total Marks		Distribution of marks mid and end semester			
		FM	PM	Mid-semester		End-semester	
				FM	PM	FM	PM
Clinical Psychology	C-13.T	75	40%	20% of total marks	40%	80% of total marks	40%
Counseling Psychology	C-14.T	75	40%	20% of total marks	40%	80% of total marks	40%
Practical - I	C-13&14P	50	40%	20% of total marks	40%	80% of total marks	40%
Human Resource Management	DSE-3.T	75	40%	20% of total marks	40%	80% of total marks	40%
Community Psychology	DSE-4.T	75	40%	20% of total marks	40%	80% of total marks	40%
Practical - II	DSE-3&4.p	50	40%	20% of total marks	40%	80% of total marks	40%

## Clinical Psychology

*Time: 3 Hours*

*Full Marks: 60  
(for end semester)*

*Eight questions of equal value (i.e. 15 marks each) will be set, out of which four questions are to be answered. Question no.1 will be compulsory comprising 15 objective type questions covering the entire syllabus.*

### **Unit 1: Schizophrenia:**

- (a) Symptoms.
- (b) Types.
- (c) Etiology.
- (d) Treatment.

### **Unit 2: Mood Disorders:**

- (a) Symptoms.
- (b) Type.
- (c) Etiology.
- (d) Treatment.

### **Unit 3: Personality Disorders :**

- (a) Antisocial- Personality.
- (b) Borderline personality disorders.
- (c) Sexual disorders (Clinical Picture):
  - \* Paraphilias.
  - \* Gender Identity Disorder.
  - \* Sexual Dysfunction.

#### **Unit 4: Intervention and Management**

- (a) Biological model.
- (b) Psychoanalytic model.
- (c) Cognitive model.
- (d) Behavioral model.

#### **Reading List**

Ahuja, N. (2011). A Short Textbook of Psychiatry (7<sup>th</sup> Ed.) New Delhi: Jaypee.

Barlow D.H. and Durand V.M. (2005). Abnormal Psychology: An Intergrated Approach (4<sup>th</sup> Ed.). New Delhi: Pearson Education.

Carson R.C., Butcher, J.N., Mineka, S, and Hooley J.M. (2007). Abnormal Psychology (13<sup>th</sup> Ed.). New Delhi: Pearson Education.

Kring, A.M., Johnson, L.L., Davison, G.C. and Neale, J.M. (2010). Abnormal Psychology (11<sup>th</sup> Ed. ). New York: John Wiley.

## **Counseling Psychology**

*Time: 3 Hours*

*Full Marks: 60  
(for end semester)*

*Eight questions of equal value (i.e. 15 marks each) will be set, out of which four questions are to be answered. Question no.1 will be compulsory comprising 15 objective type questions covering the entire syllabus.*

### **Unit 1: Counseling Psychology.**

- (a) Definition and nature.
- (b) Counseling as a profession-training, activities and professional ethics.
- (c) The effective counselor- Personality characteristics, skills, self of counselor.

### **Unit 2: Counseling Process.**

- (a) Stages of counseling.
- (b) Assessment for counseling.

### **Unit 3: Counseling Theory and Techniques.**

- (a) Individual counseling theory
- (b) Techniques-Psychoanalytic, Humanistic, Behavioral, Cognitive.
- (c) Group techniques.

### **Unit 4: Counseling Application.**

- (a) Family and couples counseling.
- (b) School and Career counseling.
- (c) Workplace counseling.
- (d) Counseling for wellness.



### **Reading List:**

Feltham, C and Horton, I. (2000). Handbook of Counseling and Psychotherapy. London: Sage.

Gibson, R.L. and Mitchell, M.H. (2003). Introduction to Counseling and Guidance (6<sup>th</sup> Ed.). New Delhi: Pearson India.

Gliadding, S.T. (2009). Counseling: A Comprehensive Profession (6<sup>th</sup> Ed.) New Delhi: Pearson India.

Misra, G. (Ed.) (2010). Psychology in India, (Volume 3). Clinical and Health Psychology. New Delhi: Pearson India.

Rao, S. (2002). Counseling and Guidance (2<sup>nd</sup> Ed.) New Delhi: Mc Graw Hill.

## **Practical - I**

*Time: 4 hours*

*Full Marks: 40  
(for end semester)*

*Marks distribution; experiment – 15 each viva-voce- 5 N. B- 5*

*Four questions will be set out of which candidates be required to answer two questions.*

1. Verbal General Intelligence Test by Joshi.
2. Verbal General intelligence test by Ram Naresh.
3. Emotional Maturity Scale by R.R. Tripathi.
4. Differential Personality Scale by Arun Kumar Singh

### **Reading List:**

Suleman, M (2012). Manovigyan Mein Prayog aur Parikshan. Patna: Motilal Banarisidas.

Singh, A.K(2013). Uchhtar Manovigyanik Prayog aur Parikshan. Patna: Bharti Bhawan.

## Human Resource Management

*Time: 3 Hours*

*Full Marks: 60  
(for end semester)*

*Eight questions of equal value (i.e. 15 marks each) will be set, out of which four questions are to be answered. Question no.1 will be compulsory comprising 15 objective type questions covering the entire syllabus.*

### **Unit 1: Introduction to Human Resource Management (HRM):**

Definition, aims, needs and importance of HRM.

### **Unit 2: Human Resource Practices:**

Job analysis, recruitment and selection, training, performance evaluation.

### **Unit 3: Communication:**

Types, Barriers, important communications skills.

### **Unit 4: Working Environment:**

Importance of work environment, physical environment- Illumination, temperature, noise and atmospheric condition

## **Reading List**

Bhatnagar, J. and Budhwar, J . (2009). The Changing Face of People Management in India. London: Routledge.

Briscoe, D. R., Schuler, R. S. and Claus, L. (2009). International Human Resource Management: Policies and Practices for Multinational Enterprises (3<sup>rd</sup> Ed). New York: Routledge.

DeCenzo, D. A nd Robbins, S.P. (20006). Fundamentals of Human Resource Management (8<sup>th</sup> Ed). New York: Wiley.

Harzing, A.W.K. and Pennignton, A. (2011). International Human Resource Management. New Delhi: Sage publications.

Khandelwal, K.A. (2009). In search of Indianess: Cultures of Multinationals. New Delhi: Knnishka Publishers.

Suleman and Choudhary (2000). Sangathnatmak Manaligyan Patna: Motilal Banarsidas.

Singh, N. Human Resource management. New Delhi: University science press.

## Community Psychology

*Time: 3 Hours*

*Full Marks: 60  
(for end semester)*

*Eight questions of equal value (i.e. 15 marks each) will be set, out of which four questions are to be answered. Question number one will be compulsory comprising 15 objective type questions covering the entire syllabus.*

**Unit 1:** Historical and Social contexts of Community Psychology: Concept, evolution and nature of community mental health.

**Unit 2:** Models of mental health services: mental, social, organizational and ecological.

**Unit 3:** Community mental health, intervention and community based rehabilitation. Issues, principles and programmes, evaluation of CBR, training, the Para - professional and non-professionals.

**Unit 4:** Community mental health in India: Issues and challenges.

### 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, Reinhart and Wingston.

Singh, A.K. (2012). Adhunik Asamnya Manovigyan (Motilal Banarsi Das).

Singh, A.K. (2012). Uchatar Naidanik Manovigyan (Motilal Banarsi Das).

## **Practical - II**

*Time: 4 hours*

*Full Marks: 40  
(for end semester)*

*Marks distribution; experiment - 15 viva-voce- 5 N. B- 5*

*Four questions will be set out of which candidates be required to answer two questions.*

1. Eysenck Personality Questionnaire.
2. Allport Vernon Lindsley Scale of Value.
3. Edward Personal Preference Schedule.
4. Tripathi Personal Preference Scale.

### **Reading List:**

Suleman, M. (2012). Manovigyan Mein Prayog aur Parikshan. Patna: Motilal Banarasisidas.

Singh, A.K. (2011). Uchhtar Manovaigyanik Mein Prayog aur Parikshan. Patna: Bharti Bhawan.

**SYLLABUS FOR B.A.(GENERAL)**  
**PSYCHOLOGY**

**VINOBA BHAVE UNIVERSITY, HAZARIBAG**

---

## Semester I

Paper		Total Marks		Distribution of marks mid and end semester			
		FM	PM	Mid-semester		End-semester	
				FM	PM	FM	PM
Foundation of Psychology	C.A-1T	75	40%	20% of total marks	40%	80% of total marks	40%
Practical 1	C.A-1.P	25	40%	20% of total marks	40%	80% of total marks	40%
AECC I	AECC-1	50	40%	20% of total marks	40%	80% of total marks	40%



## Foundations of psychology.

*Time: 3 Hours*

*Full Marks: 60  
(for end semester)*

*Eight questions of equal value (i.e. 15 marks each) will be set, out of which four questions are to be answered. Question no.1 will be compulsory comprising 15 objective type questions covering the entire syllabus.*

**Unit 1: Introduction:**

- (a) Definition.
- (b) Goals of psychology.

**Unit 2: Methods of Psychology:**

- (a) Experiment.
- (b) Interview.
- (c) Observation.

**Unit 3: Audio-visual Processes:**

- (a) Structure and function of eye.
- (b) Structure and function of ear.

**Unit 4: Perceptual Processes:**

- (a) Perception: Concept and process.
- (b) Views of perception: Behavioristic and Gestalt.
- (c) Social and personal factors in perception.

### **Reading List:**

**Wood, S.E. and Wood, E.G. (1996): The world of Psychology. New York: Allyn-Bacon.**

**Rahman, A. (1998): Samanya Manovigyan Vishay aur Viyakhya: Motilal Banarasidas.**

**Suleiman, Md (1996): Uchhtar Samanya Manovigyan: Patna: Motilal Banarsidas.**

## Practical - I

*Time: 4 hours*

*Full Marks: 20  
(for end semester)*

*Marks distribution; experiment - 10 viva-voce- 5 N. B- 5*

*Four questions will be set out of which candidates be required to answer two questions.*

1. Verbal learning:
  - (a) Simple reproduction.
  - (b) Serial reproductoin.
2. Method of Learning.
  - (a) Massed vs Distributed.
  - (b) Part vs Whole.

### Reading List

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

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

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

Singh, A.K. (2011). Uchchtar Manovyganic prayog evam parikshan. Patna: Bharti Bhawan.

## Semester II

Paper		Total Marks		Distribution of marks mid and end semester			
		FM	PM	Mid-semester		End-semester	
				FM	PM	FM	PM
Abnormal Psychology	C.B 2.T	75	40%	20% of total marks	40%	80% of total marks	40%
Practical II	CB-2.P	25	40%	20% of total marks	40%	80% of total marks	40%
AECC - 2	AECC-1	50	40%	20% of total marks	40%	80% of total marks	40%

## **Abnormal Psychology**

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

- a) Nature and definition.
- b) Difference between Normal and abnormal
- c) Criteria of abnormality.

### **Unit II. Clinical Status:**

- a) Difference between psychosis and psychoneurosis.
- b) Anxiety Disorder- symptoms, etiology.
- c) Conversion Disorder (Hysteria) symptoms etiology.
- d) Schizophrenia, symptoms and causes

### **Unit III. Alcoholism and Drug Addiction**

- a) Nature and definition.
- b) Causes
- c) Rehabilitation.

### **Unit IV. Mental Retardation:**

- a) Nature, types, Characterisitcs.
- b) Causes
- c) Rehabilitation

## Reading List

Ohman TF and Emery R.E. (1995). Abnormal Psychology. New Delhi: Prentice Hill of India Pvt Ltd.

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

Razaque, Sadique et al. (2012). New Horizons in stress management. New Delhi: Ayushman publication Pvt Ltd.

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

Q.G. Alam and Srivastava, A. (2012). Apsamanya Manovigyan Azamgarh: Motilal Banarsidas.

## Practical-II

*Time: 4 hours*

*Full Marks: 20  
(for end semester)*

*Marks distribution; experiment - 10 viva-voce- 5 N. B- 5*

*Four questions will be set out of which candidates be required to answer two questions.*

1. Moudsley Personality Inventory.
2. Mohsin's Bell Adjustment Inventory.
3. Word Association Test.
4. Sinha Comprehensive Anxiety Scale.

### Reading List:

Groth- Marnat, Garry (2005). The Handbook of Psychological Assessment (4 Ed). New York: John Wiley and Sons.

Suleman, M. (2012) Manovigyan Mein Prayog aur Parikshan. Patna: Motilal Banarsidas. (In Hindi)

Singh, A.K. (2011). Uchhtar Manovigyanik Prayog aur Parikshan. Patna: Bharti Bhawan (In Hindi).

### Semester III

Paper		Total Marks		Distribution of marks mid and end semester			
		FM	PM	Mid-semester		End-semester	
				FM	PM	FM	PM
Psychology at work	C.A-3.T.	75	40%	20% of total marks	40%	80% of total marks	40%
Practical	C.A-3.P	25	40%	20% of total marks	40%	80% of total marks	40%



# Psychology at work

*Time: 3 Hours*

*Full Marks: 60  
(for end semester)*

*Eight questions of equal value (i.e. 15 marks each) will be set, out of which four questions are to be answered. Question no.1 will be compulsory comprising 15 objective type questions covering the entire syllabus.*

**Unit 1: Work Psychology:**

- (a) The origin of work psychology.
- (b) Work Psychology Today.
- (c) Work Psychology and Common sense.

**Unit 2: Fatigue and Monotony:**

- (a) Concept and definition.
- (b) Causes.
- (c) Remedy.

**Unit 3: Accident:**

- (a) Nature
- (b) Causes.
- (c) Prevention.

**Unit 4: Stress at work:**

- (a) What is stress?
- (b) The cost of stress.
- (c) The source of stress at work.
- (d) Reduction of stress at work.

### Reading List:

John, Aronld, Ivan, T Robertson, Cary, L. Cooger (2012). Work Psychology. New Delhi: McMillan India.

Blum and Naylor (1968). Industrial Psychology: Its theoretical social foundation. Tokyo: Whether Hill.

Dunnetle, MD (1976). Handbook of Industrial and Organizational Psychology. Chincgo: Rand McMilly.

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

Suleman, M. and Choudhary. V.K. (2012). Adhunik Odyogik avam sangathnatmak manovigyan Patna: Motilal Banarsidas.

Razaue, Sadique et al. (2009). New Horizon in stress management. New Delhi: Ayushman Publishing House Private Limited.

### Practical - III

*Time: 4 hours*

*Full Marks: 20  
(for end semester)*

*Marks distribution; experiment – 10 viva-voce- 5 N. B- 5*

*Four questions will be set out of which candidates be required to answer two questions.*

- (a) Alexander performance Battery: Pass along test, Koh's Block design test, Cube construction test.
- (b) General Intelligence test.
- (c) Jalota test of intelligence.

### Reading List

Groth- Marnat, Garry (2005). The Handbook of Psychological Assessment ( 4 Ed). New York: John wiley and Sons.

Suleiman, M. (2012) Manovigyan Mein Prayog aur Parikshan. Patna: Motilal Banarisidas.

Singh, A.K. (2011). Uchhtar Monovaigyanik Mein Prayog aur Parikshan. Patna: Bharti Bhawan.

.

# SPORT PSYCHOLOGY

*Time: 3 Hours*

*Full Marks: 60  
(for end semester)*

*Eight questions of equal value (i.e. 15 marks each) will be set, out of which four questions are to be answered. Question number one will be compulsory comprising 15 objective type questions covering the entire syllabus.*

## **Unit I: Introduction:**

- (a) Nature.
- (b) Historical and recent trend.
- (c) Perspectives of sports psychology.

## **Unit II: Methods of Sports Psychology:**

- (a) Observation.
- (b) Interview.
- (c) Tests and experiments.
- (d) Field studies.
- (e) Field surveys.

## **Unit III: Personality Profile:**

- (a) Concept of athletic personality.
- (b) Personality traits of outstanding sport persons.
- (c) Individual difference.
- (d) Racial difference in performance.
- (e) Sports participation.

(f) Character development.

**Unit IV: Motivation in Sports:**

- (a) Theories of motivation- Incentive theory and goal setting theory.
- (b) Psychological bases of motivation in sports.
- (c) Intrinsic versus extrinsic motivation, task versus ego-orientation.
- (d) Enhancing intrinsic motivation, feedback, reinforcement and goal-setting.

**Unit V: Psycho-social dimension of sports.**

- (a) Leadership Effectiveness- Concept and approach-Situational approach and path goal theory.
- (b) Group process in sports.
- (c) Factors effecting cohesiveness.
- (d) Audience effect in sports.

**SUGGESTED READINGS:**

Arnold, DLU and Nation , J.R. (1989). Sports Psychology. Chicago: Nelson Hall.

Cratty, B.I. (1989). Psychology in Contemporary Sports. New Jersey: Prentice Hall.

Murphy, E. (1995). Advance in sports psychology: Illinois: Wealth Publishers.

Mohan, J. (1996). Recent advances in sports psychology. New Delhi: Friends.

Horn, T.S. (Ed) (1992). Advance in Sports Psychology. Canada: Herman Kinetics.

Murphy, S.M. (1995). Sports Psychology interventions Champaign: Herman Kinetics.

Sandhya, G.S. (1992). Psychology in sports: A contemporary perspective. New Delhi: Friends.

## Semester IV

Paper		Total Marks		Distribution of marks mid and end semester			
		FM	PM	Mid-semester		End-semester	
				FM	PM	FM	PM
Social Psychology	C.A-4T.	75	40%	20% of total marks	40%	80% of total marks	40%
Practical	C.A-4.P	25	40%	20% of total marks	40%	80% of total marks	40%

## **Social Psychology**

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

- a) Nature and Definition.
- b) Scope.
- c) Utility.

### **Unit II. Leadership :**

- a) Nature and Definition.
- b) Type and Traits.
- c) Functions of leader.
- d) Difference Between Democratic and Authoritarian leadership.

### **Unit III. Public Opinion :**

- a) Definition.
- b) Factors.
- c) Role of media in Public Opinion.
- d) Measurement of Public Opinion.

### **Unit IV. Social Tension :**

- a) Nature.
  - b) Causes.
  - c) Remedies.
-

## Reading List

Baron, R.A and Byrne, D. (2000). Social Psychology. New Delhi: Prentice Hall.

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: McGraw 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).



## Practical - IV

*Time: 4 hours*

*Full Marks: 20  
(for end semester)*

*Marks distribution; experiment - 10 viva-voce- 5 N. B- 5*

*Four questions will be set out of which candidates be required to answer two questions.*

1. **Attention:**
  - (a) Distraction of Attention.
  - (b) Span of Attention.
2. **Forgetting**
  - (a) Test of retroactive inhibition.
  - (b) Test of proactive inhibition.

### Reading List:

Suleman, Md. (2012). *Manovigyan Mein Prayog aur Parikshan*. Patna: Motilal Banarisidas.

Sinha, R.R.P and Mishra, B.K. (1984). *Manovigyan Mein prayog ewam sankhiyeki*. Patna: Bharati Bhawarn .

Mohsin, S.M. (1982). *Experimental Psychology*. Patna: Motilal B.

## Youth gender and identity

*Time: 3 Hours*

*Full Marks: 60  
(for end semester)*

*Eight questions of equal value (i.e. 15 marks each) will be set, out of which four questions are to be answered. Question number one will be compulsory comprising 15 objective type questions covering the entire syllabus.*

### Unit 1:

- (a) Defining concepts of youth.
- (b) Exploring youth, relationships and gender dynamics: peers, families and personal relationships

### Unit 2:

- (a) The impact of music and gendered ideology.
- (b) Young people, celebrities and identity formation.

### Unit 3:

- (a) Criminalization, young people and labeling ideologies.
- (b) The impact of globalization on youth identities.

### Unit 4:

- (a) Vulnerability and inequality and its impact on identity development.
- (b) The self worth of youth.

## Reading List:

Ahmed, L (1992). Women and gender in Islam. Yale university press.

Alexander, C.E. (2000). The Asian Gang: ethnicity, identity, masculinity, Berg Oxford international publishers Ltd.

Aronowitz (1992). The politics of Identity. Routledge.

Back, L. (1996). New Ethnicities and urban culture: Racism and multicultural in young lives. Routledge and Taylor Francis Group.

Castells, M (1997). The Power of Identity. Blackwell.

Craib, I, (1998). Experiencing Identity. Sage Publications Ltd.

Frosh, S, Phoenix, A and Pattman, R. (2002). Young. Masculinities. Palgrave

Griffin, C, (1993). Representations of youth. Polity Press.

Hamilton, M (2008). What's happening to our girls? Viking-Imprint of Penguin Books.

Horrocks, R. (1995). Male Myths and Icons; Masculinity in Popular Culture.

McMillan Press Ltd.

McDonald, R and Marsh, J (2005). Disconnected Youth? Growing up in Britain's Poor Neighbourhoods. Palgrave McMillan.

McRobbie, A (1990). Feminism and Youth Culture. Macmilan Basingstoke.

Nayak, A. (2003). Race, Place and Globalisation: Youth Culture in a Changing world. Berg Publishers Ltd.

Roche, J and Tucker, S, (1997). Youth in Society. Buckingham: Open University Press Websites. [www.infed.org.uk](http://www.infed.org.uk)

Ranjan. Annita (2015). MANGREA and women empowerment. New Delhi: Occan Books Pvt. Ltd.

## Semester V

Paper		Total Marks		Distribution of marks mid and end semester			
		FM	PM	Mid-semester		End-semester	
				FM	PM	FM	PM
Educational Psychology	DSE.A-1T.	75	40%	20% of total marks	40%	80% of total marks	40%
Practical V	DSEA.1.P	25	40%	20% of total marks	40%	80% of total marks	40%

## **Educational Psychology**

*Time: 3 Hours*

*Full Marks: 60  
(for end semester)*

*Eight questions of equal value (i.e. 15 marks each) will be set, out of which four questions are to be answered. Question no.1 will be compulsory comprising 15 objective type questions covering the entire syllabus.*

### **Unit 1: Educational Psychology:**

- (a) Concept.
- (b) Aims.
- (c) Scope.
- (d) Significance.

### **Unit 2: Education for special children:**

- (a) Concept.
- (b) Adjustment.
- (c) Education of mentally retarded children.

### **Unit 3: Educational technology and programmed learning:**

- (a) Meaning.
- (b) Importance.
- (c) Nature of programmed learning.
- (d) Skinner view points of programmed learning.

### **Unit 4: Class room Management:**

- (a) Ecology of Classroom.

- (b) Social psychology of classroom.
- (c) Discipline.
- (d) Communication.

### Reading List

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 Kong : John Willey.

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.

Suleman, Md. and Sinha, R.K. (2005). Uchchtar Shiksha Manovigyan. Patna; Motilal Banarsidas. (In Hindi).

Singh, AK (2007). Shiksha Manovigyan. Patna: Bharti Bhawan. (In Hindi)

## Practical – V

*Time: 4 hours*

*Full Marks: 20  
(for end semester)*

*Marks distribution; experiment - 10 viva-voce- 5 N. B- 5*

*Four questions will be set out of which candidates be required to answer two questions.*

1. Mohsin Shamshad Adjustment Inventory.
2. Portuze Maze Test
3. PG-I Health Questionnaire by Verma, Pershad and Wig
4. Kundu Neurotic Personality Inventory

# Guidance

*Time: 3 Hours*

*Full Marks: 60  
(for end semester)*

*Eight questions of equal value (i.e. 15 marks each) will be set, out of which four questions are to be answered. Question number one will be compulsory comprising 15 objective type questions covering the entire syllabus.*

## Unit: 1

1. Concept, assumptions, issues and problems of Guidance.
2. Needs, scope and significance of Guidance.

## Unit 2:

1. Types of Guidance. - educational, vocational and personal, group guidance.
2. Role of the teacher in guidance.
3. Agencies of Guidance. - National and State level.

## Unit 3:

1. Educational guidance.
2. Principal of all guidance.
3. Guidance and Curriculum, Guidance and Classroom learning.

## Unit 4:

1. Vocational guidance.
  2. Nature of work.
  3. Various motives associated with Work.
  4. Career development, Supers theory about guidance.
  5. Approaches to career guidance.
- Vacationalizaiton of secondary education and career development.



## Semester VI

Paper		Total Marks		Distribution of marks mid and end semester			
		FM	PM	Mid-semester		End-semester	
				FM	PM	FM	PM
Human Resource Management	DSE.A-2T.	75	40%	20% of total marks	40%	80% of total marks	40%
Practical	DSEA.2.P	25	40%	20% of total marks	40%	80% of total marks	40%

## Human Resource Management

*Time: 3 Hours*

*Full Marks: 60  
(for end semester)*

*Eight questions of equal value (i.e. 15 marks each) will be set, out of which four questions are to be answered. Question no.1 will be compulsory comprising 15 objective type questions covering the entire syllabus.*

**Unit 1: Introduction to Human Resource Management (HRM):**

Definition, aims, needs and importance of HRM.

**Unit 2: Human Resource Practices:**

Job analysis, recruitment and selection, training, performance evaluation.

**Unit 3: Communication:**

Types, Barriers, important communications skills.

**Unit 4: Working Environment:**

Importance of work environment, physical environment- Illumination, temperature, noise and atmospheric condition

.

## Reading List

Bhatnagar, J. and Budhwar, J . (2009). *The Changing Face of People Management in India*. London: Routledge.

Briscoe, D. R., Schuler, R. S. and Claus, L. (2009). *International Human Resource Management: Policies and Practices for Multinational Enterprises (3<sup>rd</sup> Ed)*. New York: Routledge.

DeCenzo, D. A nd Robbins, S.P. (2006). *Fundamentals of Human Recourse Management (8<sup>th</sup> Ed)*. New York: Wiley.

Harzing, A.W.K. and Pennigton, A. (2011). *International Human Resource Management*. New Delhi: Sage publications.

Khandelwal, K.A. (2009). *In search of Indianess: Cultures of Multinationals*. New Delhi: Knnishka Publishers.

Suleman and Choudhary (2000). *Sangathnatmak Manaligyan Patna: Motilal Banarsidas*.

Singh, N. *Human Resource management*. New Delhi: University science press.

## Practical- VI

*Time: 4 hours*

*Full Marks: 20  
(for end semester)*

*Marks distribution; experiment - 10 viva-voce- 5 N. B- 5*

*Four questions will be set out of which candidates be required to answer two questions.*

1. Marriage Attitude Scale- Pramod Kumar
2. Moral Value Scale- K.K. Srivastava
3. Yoga Attitude Scale- Verma and Verma.
4. Sinha Anxiety Scale.

## **Educational Psychology - I**

*Time: 3 Hours*

*Full Marks: 60  
(for end semester)*

*Eight questions of equal value (i.e. 15 marks each) will be set, out of which four questions are to be answered. Question number one will be compulsory comprising 15 objective type questions covering the entire syllabus.*

### **Unit 1: Educational Psychology:**

- (a) Concept.
- (b) Aims.
- (c) Scope.
- (d) Significance.

### **Unit 2: Education for special children:**

- (a) Concept.
- (b) Adjustment.
- (c) Education of mentally retarded children.

### **Unit 3: Educational technology and programmed learning:**

- (a) Meaning.
- (b) Important.
- (c) Nature of programmed learning.
- (d) Skinner view points of programmed learning.

### **Unit 4: Class room Management:**

- (a) Ecology of Classroom.
- (b) Social psychology of classroom.
- (c) Discipline.
- (d) Communication.

## Reading List

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 Kong : John Willey.

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.

Suleman, M. and Sinha, R.K. (2005). Uchchtar Shiksha Manovigyan. Patna; Motilal Banarsidas. (In Hindi).

Singh, AK (2007). Shiksha Manovigyan. Patna: Bharti Bhawan. (In Hindi).