

KOLHAN UNIVERSITY CHAIBASA



UNIVERSITY DEPARTMENT OF PSYCHOLOGY

Post Graduate (M.A.) Courses

Syllabus for Choice Based Credit System (CBCS)

Effective from Academic Session 2020-2022 Onwards

M.A. PSYCHOLOGY

Semester	Course Code	Name of The Course	Credits	Total Hrs.	Theoretical Marks	Internal Marks	Practical Marks	Full Marks / Pass Marks
I	PSY. CC - 101	Introduction to Psychology	4	60	70	30	-	100/45
	PSY. CC - 102	History of Psychology	4	60	70	30	-	100/45
	PSY. CC - 103	Health Psychology	4	60	70	30	-	100/45
	PSY. CC - 104	Social Psychology	4	60	70	30	-	100/45
	PSY. CC - 105	Practical (Experiment)	6	120	-	-	100	100/50
II	PSY. CC - 201	Research Methodology	4	60	70	30	-	100/45
	PSY. CC - 202	Psychology of Individual Differences	4	60	70	30	-	100/45
	PSY. CC - 203	Positive Psychology	4	60	70	30	-	100/45
	PSY. CC - 204	Statistics in Psychology	4	60	70	30	-	100/45
	PSY. CC - 205	Practical (Experiment)	6	120	-	-	100	100/50
III	PSY. CC - 301	Environmental Psychology	4	60	70	30	-	100/45
	PSY. CC - 302	Human Resource Management	4	60	70	30	-	100/45
	PSY. DSE - 301	A. Clinical Psychology B. Organizational Psychology C. Occupational Stress Management	4	60	70	30	-	100/45
	PSY. DSE-302	Practical (Testing)	6	120	-	-	100	100/50
	PSY. PR - 301	Project	6	120	-	-	100	100/50
IV	PSY. CC - 401	Personality Theories	4	60	70	30	-	100/45
	PSY. CC - 402	The Psychology of Adolescents	4	60	70	30	-	100/45
	PSY. DSE - 401	A. Psychopathology B. Counselling Psychology C. Organizational communication	4	60	70	30	-	100/45
	PSY. DSE - 402	Practical (Testing)	6	120	-	-	100	100/50
	PSY. PR - 401	Project	6	120	-	-	100	100/50

NOTE:- Students are directed to choose any one (same) group in PSY. DSE – 301 & PSY. DSE – 401 .

For example: A student choose group A in Sem –III will select only group A in Sem – IV .

Semester-I

PSY. CC-101: INTRODUCTIONS TO PSYCHOLOGY

Total Marks-70

Times-3 hours

A total of eight questions will be set in each course in which question 1 will be objective type questions (MCQ/ true-false/ fill in the blanks etc.) consisting 10 questions of 1 mark each and will be compulsory. Any four questions shall have to be answered by the examinees out of the remaining seven questions carrying 15 marks each.

UNIT – I : Introduction-

- Historical Perspective.
- Development of Psychology in India.
- Recent trends in Psychology.
- Methodological Problems in Psychology.

UNIT – II : Perception

- Theories of perception-Gibson.
- Behaviorist and Gestalt; perceptual organization.
- Role of social and personal factors in perception.
- Perceptual defense.

UNIT – III : Learning

- Nature and Methods.
- Theories of learning-Classical conditioning.
- Operant conditioning, Tolmans and Hull theory of learning.
- Role of motivation in learning; Verbal learning.

UNIT – IV : Memory

- Definition and nature;
- Types of memory-sensory, short term, working and long term.
- Retroactive Inhibition-nature and theories; Reminiscence.

UNIT – V : Thinking

- Definition and Nature.
- Role of Language, set & Image.
- Stages of Creative Thinking.
- Piaget's Theory.

Suggested Readings:

1. **Charles F. Levinthal (2005):** Introduction to Physiological Psychology. Printice Hall of India Pvt.
2. **Hilgard, E. R., Atkinson, R.C., & Atkinson, R.L. (1975):** Introduction To Psychology, New Delhi: Oxford & IBH Publishing Co.
3. **Morgan, C.T., R.A., Weisz, J.R. & Schopler, J. (2006):** Introduction To Psychology, New Delhi: Tata Mc. Graw- Hill.
4. **Arun Kumar Sing (2015):** Uchhtar Samanya Manovigyan, Patna: Motilal Banarasi Das.
5. **Md Suleman (2012):** Samanya Manovigyan: Mool Prakriyaye Avam Sangyanatmak Prakriyaye, Patna: Motilal Banarasi Das.



Semester-I

PSY. CC-102: HISTORY OF PSYCHOLOGY

Times-3 hours

Total Marks-70

A total of eight questions will be set in each course in which question 1 will be objective type questions (MCQ/ true-false/ fill in the blanks etc.) consisting 10 questions of 1 mark each and will be compulsory. Any four questions shall have to be answered by the examinees out of the remaining seven questions carrying 15 marks each.

UNIT – I : Historical origins of Psychology as a Science

- Growth of Scientific Psychology .
- Development of Physiological Psychology-work of Weber, Fechner and Helmholtz.

UNIT – II : Development of Psychology as an Independent Science

- Contribution of Wundt.
- Contribution of Titchener.
- Contribution of William James.
- Contribution of Sir Francis Galton.

UNIT – III : Objectivity in Psychology

- Development of Behaviourism-Watsonian .
- Development of Neo-Behaviourism.

UNIT – IV : Gestalt Psychology

- Works of Wertheimer.
- Works of Kohler and .
- Works of Koffka. .

UNIT – V : Development of Psychoanalytic School

- Contribution of Freud.
- Contribution of Adler.
- Contribution of Jung.
- Contribution of Neo- Freudianism – Eric Erikson, Karen Horney.

Suggested Readings:-

Boring, E.G.(1950). A history of experimental Psychology, New Yourk, Appleton Century Company.

Leahy, T.H.(1991). A history of modern psychology, NJ: Prentice Hall.

Rahman, A. and Jawaid.A. (1994). Manovigyan Ka sanchipt Itihas. Motilal Banarashidas.

Singh, A.K.& Singh, A.K. (2006). Manovigyan ke sampraday avam itihas, Motilal Banarashidas

Singh.Arun Kumar: The Comprehensive History of Psychology . Motilal Banarsidas.

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Semester-I

PSY. C-103: HEALTH PSYCHOLOGY

Total Marks-70

Times-3 hours

A total of eight questions will be set in each course in which question 1 will be objective type questions (MCQ/ true-false/ fill in the blanks etc.) consisting 10 questions of 1 mark each and will be compulsory. Any four questions shall have to be answered by the examinees out of the remaining seven questions carrying 15 marks each.

Unit – I : Introduction : Health Promotion and Disease Prevention :

- Definition, application of health psychology.
- Neuroendocrine and neurotransmitter model of stress.
- Behavioral risk factor : Smoking, drug and alcohol use, unsafe sexual behavior, diet, sedentary lift style.

Unit – II : Stress and Personality and Social Support as Psycho-Linkage of Ill Health :

- Cardio-vascular disorders.
- Cancer.
- AIDS/HIV.
- Diabetes Mellitus.
- Pain.

Unit – III : Maintaining Health

- Biological
- Socio-Cultural
- Psychological
- Economic
- Spiritually-oriented interventions.

Unit – IV : Mental Hygiene

- Aspects of mental hygiene.
- Aims and Objectives of mental hygiene.
- Scope of mental hygiene.
- Symptoms of mentally healthy person.
- Mental hygiene of mentally healthy persons.

Unit – V : Communicable Diseases :

- Definition, Types, Characteristics,
- Etiology and Treatment.
- Tuberculosis.
- Gonorrhoea.
- Syphilis.
- Common Cold.

SUGGESTED READING:-

1. **Aboud, F.E. (1998).** Health Psychology in Global Perspectives. Thousand Oaks, C.A. : Sage.
2. **Brannan, L and Feist, J. (1996).** Health Psychology : An Introduction to Behavior and Health. Pacific Grove : Brooks Cole.
3. **Broome, A.K. and Llewellyn, S. (1996).** Health Psychology. London : Chapman and Hall.
4. **Camic, P and Knights (Eds.) (1988)** Clinical Hand Book of Health Psychology. Seattle : Hogrefe and Huber.
5. **Chopra, C. and Payne, R. (Eds.) (1991).** Personality and Stress : Individual Difference in Stress Process. Chichester : Wiley.
6. **Friedman, G. (Ed.) (1999).** Psychology : Perspectives on stress and health. New Delhi : Concept.
7. **Pestonjee, D.M. (1991).** Stress and Coping : The Indian Experience. New Delhi :Sage.

8. **Razaque, S. et. al. (2010).** New Horizon in Stress Management. New Delhi : Ayushman Publication House.
9. **Sarafino, E.P. (1994).** Health Psychology : Bio-psycho-social Interaction. New York : Wiley.
10. **Speiberger, C.D. and Siason, I.g (Eds.) (1996).** Stress and Emotions. Anxiety. Anger and Curiosity, Vol. 16, Washington, D.C. : Taylor and Frances.
11. **Tunks, E and Bellismo, A. (1991).** Behavioral Medicine : Concepts and Procedures, Pergamon Press : USA.
12. **Weinman, J, Johnston, M and Molloy, G. (2006).** Health Psychology, Vol. 1 to Vol. 4,



Semester-I

PSY. CC-104: SOCIAL PSYCHOLOGY

Total Marks-70

Times-3 hours

A total of eight questions will be set in each course in which question 1 will be objective type questions (MCQ/ true-false/ fill in the blanks etc.) consisting 10 questions of 1 mark each and will be compulsory. Any four questions shall have to be answered by the examinees out of the remaining seven questions carrying 15 marks each.

Unit – I : Historical Background

- Development of Social Psychology
- Status of Social Psychology in India
- Modern trends in Social Psychology

Unit – II : Person Perception

- Nature and determinants.
- Social Perception – Nature and group affiliation.
- Perceptual Defense
- Perceptual Accentuation
- Subliminal Perception

Unit – III : Altruism

- Pro-social behavior - Nature. Internal Factors
- Characteristics of the helper and the helped.
- Ways of increasing pro-social behavior.

Unit – IV : Prejudice

- Nature and Development
- Theories of Prejudice
- Development of Prejudice in Indian Children
- Reduction of Prejudice

Unit – V : Attitude

- Nature and Definition of attitude
- Development and formation of attitude
- Theories of attitude organization.
- Festinger's cognitive dissonance Theory
- Rosenberg's Affective Cognitive Theory
- Kellman's Three Process Theory

SUGGESTED READINGS:-

1. **Aronson, R., Ellsworth, P., Carlsmith, J. M and Gonzales (1990)** Methods in Research in Social Psychology, New York : McGraw Hill.
2. **Baron, R.A. and Byrone, D (2000)**. Social Psychology. New Delhi : Printice Hall.
3. **Farr, R.M. (1996)**. The Roots of Modern Social Psychology. Oxford : Blackwell.
4. **Hassan, M.K. (1981)** – Prejudice in Indian Youth. New Delhi : Classical.
5. **Panday, J. (Ed.) (1980)**. Perspective on Experimental Social Psychology in India. New York : Concept.
6. **Pandey, J. (Ed.) (1998)**, Psychology in India : The state of the art, Basic and Applied Social Psychology, (Vol.-II), New Delhi : Sage.
7. **Secord and Backman (1978)**, Social Psychology, New York : McGraw Hill.
8. **Alam and Razzaque (2012)**, Social Dimension of Human Behavior. New Delhi : Manak Publication.
9. **Triandis, H. (1995)**, Culture and Social Psychology, New York : McGraw Hill.
10. **Singh, A.K. (2002)**, Samaj Manovigyan Ki Rooop Rekha, Patna : Motilal Banarsidas (In Hindi).
11. **Suleman, M.K. (1991)**, Adhunik Samaj Manovigyan, Patna : Shukla Book Depot(in Hindi)

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Semester-I

PSY. CC-105: PRACTICAL (Experiment)

Time : 4 Hours

Full Marks : 100

Testing -80

Viva - 20

Four questions will be set by examiners at the centre of examination and the examinees shall be required to answer any two questions.

UNIT – I : Psychophysics

- Measurement of D.L. For Lifted Weights and Visual Lengths.
- Verification of Weber's Law for Lifted Weights and Visual Length. by using the Methods:
 - I) Method of Limits.
 - ii) Method of Constant Stimuli.

UNIT – II : Perception: Perception of time

- Filled and Unfilled Conditions.
- Short and Long Interval.

UNIT – III : Learning:

- Incidental V/S Intentional Learning.
- Serial position Effect in Learning.

UNIT – IV : Retroactive Inhibition

- Effect of the Strength of Original Learning.
- Effect of Similarity between Original and Interpolated activities.
- Effect's of Degree of the Interpolated Learning.

UNIT – V : Attention

- Span of attention and distraction of attention .

SUGGESTED READINGS:-

1. Mohsin, SM (1998). Experiments In Psychology. Patna: Motilal Banarasidas.
2. Postman and Egan (1964). Experimental Psychology. New York: Harper and Bros.
3. Woodworth and Scholsberg (1960). Experimental Psychology. New York: Ronal Press.

4. **Singh A. K. (2006).** Advanced Psychological Experiments and testing. Patna: Motilal Banarasidas Publication. (In Hindi).
5. **Suleman, M. (2013).** Manovigyan Me Prayog aur Pariksan. Patna: Motilal Banarasidas. (In Hindi).
6. **M. R. D. Mato (2006).** Experimental Psychology Methodology Psychophysics and Learning TMH Edition 15 Reprint (2006).
7. **Stephen F Davis (2005).** Handbook of Research Methods In Experimental Psychology, Edited By Steephren F Davis Blackwell Publishing 35, Main Street Maldon, NA 02148-5020 U.S.A.

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Semester-II

PSY. CC-201: RESEARCH METHODOLOGY

Total Marks-70

Times-3 hours

A total of eight questions will be set in each course in which question 1 will be objective type questions (MCQ/ true-false/ fill in the blanks etc.) consisting 10 questions of 1 mark each and will be compulsory. Any four questions shall have to be answered by the examinees out of the remaining seven questions carrying 15 marks each.

Unit – I : Introduction

- Research :Meaning, Objectives, Types, Limitations and Importance of Research.
- Stages of Research.
- Hypothesis : Meaning, Criteria of good hypothesis and Process of formulating hypothesis.
- Types of Hypothesis : Directional, Non directional and null hypothesis.

Unit – II : Research Design

- Meaning, purpose and types of research design.
- Experimental Design: Advantages and Disadvantages
- Non-experimental design. Advantages and disadvantages
- Variable : Definition , types.
- Techniques of controlling extraneous variables – elimination, constancy, balancing, counterbalancing, randomization.

Unit – III : Sampling

- Meaning and Nature
- Types of Sampling: Probability sampling: Random sampling, stratified sampling, cluster sampling,
- Non-probability sampling: Quota, accidental, purposive, systematic, Snowball, Dense .
- Sampling error.

Unit – IV : Interview and Questionnaire

- Meaning and types of interview.
- Sources of bias in interview.
- Questionnaire – Definition, types, merits and demerits.
- Characteristics of good questionnaire.

Unit – V: Construction of a Psychological Test

- Meaning & Characteristics of Psychological Test
- Importance of Psychological Test
- Types of Psychological Test
- Steps involved in the constructions of a Psychological Test.

SUGGESTED READINGS:-

- a. **Ahuja, R. (2002).** Research Methods. Jaipur : Rawat Publication.
- b. **Broota, K.D. (1992).** Experimental Designs in Behavioral Research; New Delhi : Willey Eastern.
- c. **Kerlinger, F.M. (1973).** Foundations of Behavioral Researches. New York : Holt Rinehart and Winston Inc.
- d. **Lindzey, G. and E. Aronson (1975).** The Handbook of Social Psychology, Vol.- II. New Delhi : Amerind Pub. Co. Ltd.
- e. **Mohsin. S.M. (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.
- f. **Arun Kumar Singh (1997).** Tests, Measures and Research Methods in Behavioural Sciences. Patna : Bharti Bhawan. (In Hindi).
- g. **Suleman, M. (1999).** Method in Psychology, Sociology and Education. Patna : General Book Agency. (In Hindi).
- h. **Arun Kumar Singh (2015).** Research Methods in Psychology, Sociology and Education (Hindi) Motilal Banarsidas.

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Semester-II

PSY. CC-202: PSYCHOLOGY OF INDIVIDUAL DIFFERENCES

Total Marks-70

Times-3 hours

A total of eight questions will be set in each course in which question 1 will be objective type questions (MCO/ true-false/ fill in the blanks etc.) consisting 10 questions of 1 mark each and will be compulsory. Any four questions shall have to be answered by the examinees out of the remaining seven questions carrying 15 marks each.

Unit – I : Introduction Individual differences.

- Nature, characteristics, types, methods of measuring, importance.
- Person-perception, impression formation,
- Attribution Theories, Biases.

Unit – II : Self and Identity

- Meaning of self and identity, personal identity.
- self concept: Factors, self expression.
- Interpersonal attraction: determinants and theories.

Unit – III : Enhancing Cognitive Potential

- Meaning, Cognitive development.
- Theories: Piaget's thoughts on cognitive approach, Vygotsky's socio-cultural theory.
- Information Processing Perspective, Thought and language : Nature and relationship.

Unit – IV : Self Regulation and Self enhancement.

- Meaning of Self Regulation, Self Esteem and Self efficacy.
- Self identification : development and management.
- Self-awareness : types, enhancing self awareness.

Unit – V : Creativity

- Meaning, Characteristics, Theory of creativity,
- Creative thinking : meaning, Characteristics, process, determinants.
- Emotional Intelligence : Concept, elements, Utility. Emotional knowledge : characteristics.

SUGGESTED READING:-

- a. **Steve Stavik & Jan Calson (2004)**, Reading in the theory of Individual Psychology.
- b. **Tomas Chamorro (2001)**, Personality and Individual Differences.
- c. **Alfred Adler (1920)**, Individual Psychology.
- d. **Singh A.K.(2015)**. Advanced General Psychology (Hindi) Motilal Banarsidas.

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Semester-II

PSY. CC-203: POSITIVE PSYCHOLOGY

Total Marks-70

Times-3 hours

A total of eight questions will be set in each course in which question 1 will be objective type questions (MCQ/ true-false/ fill in the blanks etc.) consisting 10 questions of 1 mark each and will be compulsory. Any four questions shall have to be answered by the examinees out of the remaining seven questions carrying 15 marks each.

Unit – I : Introduction

- Positive Psychology : Definition and Characteristics.
- Perspective of Positive Psychology.
- Western and Eastern.
- Character strength.

Unit – II : Positive Emotional States and Process

- Happiness and Well Being.
- Positive Emotions.
- Emotional Intelligence
- Resilience

Unit – III : Positive Cognitive States and Process

- Self Efficacy
- Optimism
- Hope
- Wisdom
- Flow

Unit – IV : Application

- Work
- Education

- Ageing
- Health

Unit – V : Meeting Life Challenges

- Nature, Type and Source of Stress
- Coping Strategies and their Assessment
- Promoting Healthy Coping Strategies
- Life Skills

SUGGESTED READING:-

1. **Carr, A (2004)** ; Positive Psychology, London, Routledge.
2. **Compton, W.C. (2005)**. Introduction to Positive Psychology Belmont. Wadsworth
3. **Lintey, P.A. & Joseph, S. (2004)**. Positive Psychology in Practice. New York-Wiley.
4. **Snyder, C.R. & Lopez S.J. (2002)**. Handbook of Positive Psychology. Oxford : Oxford University Press



Semester-II

PSY. CC-204: STATISTICS IN PSYCHOLOGY

Total Marks-70

Times-3 hours

A total of eight questions will be set in each course in which question 1 will be objective type questions (MCQ/ true-false/ fill in the blanks etc.) consisting 10 questions of 1 mark each and will be compulsory. Any four questions shall have to be answered by the examinees out of the remaining seven questions carrying 15 marks each.

Unit – I : Introduction

- Meaning, type and application of statistics in psychology.
- Difference between parametric and non-parametric statistics.
- Measurement in Psychology: Meaning of measurement. Level of Measurement. Uses of Measurement.
- Difference between psychological and physical measurement.

Unit – II : The Normal Distribution

- Nature and Properties
- Application of Normal Distribution Curve Deviation from normality.
- Skewness and its type.
- Kurtosis and its type.

Unit – III : Measurement of co-efficient of correlation.

- Nature of Correlation.
- Types of Correlation.
- Utility of correlation.
- Methods of computation of correlation: Pearson's product moment correlation, Biserial correlation method, Point- biserial correlation method.

Unit – IV : Hypothesis Testing and making inferences

- Significance of mean difference.

- Computation of t-value (correlated and uncontrolled).
- Interpretation of t-value.
- Level of significance.

Unit – V : Non-Parametric Statistics

- Assumptions and Calculations.
- Man Whitney U-Test
- Kendall Coefficient of Concordance.
- Friedman's Two way Analysis of Variance.

SUGGESTED READINGS:-

1. **Chadha, N.K. and Sehgal, P.R.L. (1984).** Statistical Methods in Psychology. New York : EEP.
2. **Freeman FS (1976).** Theory and Practice of Psychological Testing. New Delhi : Oxford BH Pub. Co.
3. **Garrett, HE (1991).** Statistics in Psychology and Educations. Bombay : Allied Pacific Pvt. Ltd.
4. **Guilford, JP (1987).** Psychometric Methods. New Delhi : Tata McGraw Hill.
5. **Kurtz, A.K, and Mayo, M.T. (1979).** Statistical Methods in Education and Psychology. New York : Srpinge-Verlag.
6. **Mohsin, SM (1992).** Fundamental Statistics in Behavioural Sciences. Patna : Motilal Banarsidas.
7. **Sidney, Sigel and Costellan, N. John (1988).** Non-parametric Statistics for the Behavioural Sciences. New York : McGraw Hill Book Company.
8. **Singh , A.K.(2016).** (In Hindi). Statistics In Psychology Sociology and Education. Noveltyandcompany.
9. **Suleman, Md.(2009).** (In Hindi). Statistics In Psychology Education And Other Social Sciences Motilal Banarsidas.

Semester – II

PSY. CC-205: PRACTICAL (Experiment)

Time : 4 Hours

Full Marks : 100

Testing -80

Viva - 20

Four questions will be set by examiners at the centre of examination and the examinees shall be required to answer any two questions.

- Two Point Threshold.
- Relative efficacy of Distributed and Massed Practice.
- Fatigue and Mental Work.
- Retention for Completed and Interrupted Task-Zeigarnik Effect.
- Raven Progressive Matrices.
- Creative Behaviour.
- Aptitude Test of Verbal Reasoning.
- Vocational Interest Record.

Suggested Readings:

8. **Mohsin, SM (1998)**. Experiments In Psychology. Patna: Motilal Banarasidas.
9. **Woodworth and Scholsberg (1960)**. Experimental Psychology. New York: Ronal Press.
10. **Singh A. K. (2006)**. Advanced Psychological Experiments and testing. Patna: Motilal Banarasidas Publication. (In Hindi).
11. **Suleman, M. (1996)**. Manovigyan Me Prayog aur Pariksan. Patna: Motilal Banarasidas. (In Hindi).
12. **Desai K.G. (1994)**: Manovaiganik Mapan (3rd Edition), Ahmedabad; University Granth Nirman Board
13. **B.J. Underwood (1966)**: Experimental Psychology (2nd Edition). Appretor Centre and Cropts.
14. **Anastasi, A (1968)**. Psychological Testing. New York : Mc Millan.
15. **Md. Suleman (2010)**. Manovaiganik Prayog avam Parikshan, Patna : Motilal Banarsidas. (In Hindi).
16. **Ciminevo, et.al. (1986)**. Handbook of Behavioral Assessments. New York : Willey.

Semester-III

PSY. CC-301: ENVIRONMENTAL PSYCHOLOGY

Total Marks-70

Times-3 hours

A total of eight questions will be set in each course in which question 1 will be objective type questions (MCQ/ true-false/ fill in the blanks etc.) consisting 10 questions of 1 mark each and will be compulsory. Any four questions shall have to be answered by the examinees out of the remaining seven questions carrying 15 marks each.

Unit – I : Introduction

- Definition and scope of Environmental Psychology.
- Importance of Environmental Psychology.
- Method : Survey research, Field Studies, Experimental method.

Unit – II : Theoretical Approach

Environmental behavior theories:

- Environmental Load Theory.
- Behavioural Constraint Theory.
- Environmental Stress Theory.

Unit – III : Social Issues in Environmental Psychology

Crowding :

- Nature of Crowding.
- Theories of Crowding.
- Effect of Crowding on Human Behavior.

Unit – IV: Environmental Stress and Management

Environmental Stress :

- Nature and Characteristics.
- Natural Hazards.

- Man-made Hazards.
- Technological Hazards.

Unit – IV : Pollution

Nature, types and factors, Psychological and Physical consequences and management.

- Noise Pollution.
- Air Pollution.
- Water Pollution.

SUGGESTED READINGS:-

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

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Semester-III

PSY. CC-302: HUMAN RESOURCE MANAGEMENT

Total Marks-70

Times-3 hours

A total of eight questions will be set in each course in which question 1 will be objective type questions (MCQ/ true-false/ fill in the blanks etc.) consisting 10 questions of 1 mark each and will be compulsory. Any four questions shall have to be answered by the examinees out of the remaining seven questions carrying 15 marks each.

Unit – I : Fundamental of HRM

- Foundation, nature, functions.
- HRM in changing environment-
- strategic human resource management.

Unit – II : Acquisition of Human Resources

- Planning
- assessment of demand.
- job analysis.
- selection process.

Unit – III : Training and Development

- Socialization of Employees
- Determining training needs, methods / techniques of training and development
- evaluation of training programs.

Unit – IV : Performance appraisal

- Performance appraisal system.
- Process and methods of appraisal.
- Distortion in appraisal.
- Creating effective appraisal systems.

Unit – V : Motivation and Reward Management

- Theoretical perspectives
- Establishing pay structure.
- incentives and compensational plans.

SUGGESTED READING:-

1. **Beardwell, I & Holden, L. (1996).** *Human resource management : A contemporary perspective.* New Delhi : Macmillan India Ltd.
2. **Bhatia, S.K., & Singh, N. (2002).** *Principal techniques of personnel management / human resource management (2nd Ed.).* New Delhi : Deep & Deep Publications Pvt.Limited.
3. **DeCenzo, D.A., & Robbins, S.P. (1999).** *Human Resource Management (6th Ed.).* New York : John Wiley.
4. **Dwivedi, R.S. (1997).** *Managing Human Resources : Personnel Management in Indian Enterprises.* New Delhi : Galgotia Publishing Company.
5. **Hersey, P. Blanchard, K.H. & Johnson, D.E. (1996).** *Management of Organizational behavior; Utilizing Human Resource (7th Ed.).* New Delhi : Prentice Hall of India Pvt. Limited.
6. **Dessler, G. & Varkkey (2009).** *Human Resources Management, Delhi : Dorling Kindersley Pvt. Ltd. (India).*

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Semester-III

PSY. DSE-301: (A) CLINICAL PSYCHOLOGY

Total Marks-70

Times-3 hours

A total of eight questions will be set in each course in which question 1 will be objective type questions (MCQ/ true-false/ fill in the blanks etc.) consisting 10 questions of 1 mark each and will be compulsory. Any four questions shall have to be answered by the examinees out of the remaining seven questions carrying 15 marks each.

Unit – I : Foundation of Clinical Psychology

- Concept and aims of clinical Psychology.
- Application of clinical Psychology.
- Current status of clinical Psychology.

Unit – II : Clinical Psychologists in Action :

- Roles in child guidance clinic.
- Industrial and vocational guidance clinics.
- Educational Institutions and mental hospitals.
- Penal Institutions.

Unit – III : Psycho-diagnosis

- Meaning and types of psycho-diagnosis.
- Meaning and nature of clinical interview.
- Types of clinical interview.
- Meaning and types of psychological tests.

Unit – IV : Clinical Assessment

- Meaning and nature of clinical assessment.
- Components and process of clinical assessment.
- Stages and techniques of clinical assessment.

Unit – V : Psychotherapies

- Freudian Psychoanalytic Therapy : Meaning, goal, method, merits and limitations of Freudian Psychoanalytic therapy.
- Cognitive Therapy : Beck cognitive therapy, Rational emotive therapy : Meaning, goal, method, merits and limitations.
- Behavior Therapy : Meaning and techniques of behavior therapy : Systematic desensitization, aversion, flooding, contingency management; merits and limitations.
- Group Therapy : Meaning, method, types, merits and limitations.
- Shock Therapy : Meaning, method, merits and limitations.

SUGGESTED READINGS:-

1. **Alam, Shah (2009).** Basics of Guidance and Counselling. New Delhi : Global Vision Publishing House.
2. **Beinstein, Douglas A and Neitzel, Michael T. (1987).** Introduction to Clinical Psychology. New York : Academic Press.
3. **Singh, A.K.(2014).** Advanced clinical Psychology.



Semester-III

PSY. DSE-301: (B) ORGANAIZATIONAL PSYCHOLOGY

Total Marks-70

Times-3 hours

A total of eight questions will be set in each course in which question 1 will be objective type questions (MCQ/ true-false/ fill in the blanks etc.) consisting 10 questions of 1 mark each and will be compulsory. Any four questions shall have to be answered by the examinees out of the remaining seven questions carrying 15 marks each.

Unit – I : Organizational Psychology

- Nature of Organizational Psychology.
- Structural and Theories: Classical, Neo-Classical and Modern.
- Current Status.

Unit – II : Problem of Employees

- Employer-employees relationship.
- Style of Supervision.
- Role of a Supervisor.
- Traits of a good Supervisor.
- Training of a Supervisor.

Unit – III : Communication

- Meaning and nature of communication.
- Types of communication.
- Barriers to communication.
- Measures of effective communication.

Unit – IV : Job Satisfaction and Incentive

- Concept and determinants of Job satisfaction.
- Theories of job satisfaction : Maslow, Vroom, Herzberg, Stogdill.
- Measurement of Job satisfaction

- Methods to improve job satisfaction.

Unit – V : Organizational Culture

- Meaning of Organizational Culture.
- Characteristics of Organizational Culture.
- Creating and Sustaining Culture.
- Learning Culture in Organization.

SUGGESTED READING:-

1. **Blum and Naylor (1968)**. Industrial Psychology : Its theoretical Social Foundation.
Tokyo : Whether Hill.
2. **Dunnette, MD (1976)**. Handbook of Industrial and Organizational Psychology.
Chincgo : Rand McNally.
3. **Mohanty, S (1983)**. Text Book of Industrial and Organization Psychology. New
York : Oxford and IBH Publishing Company.
4. **Robbins, SP (2001)**. Organizational Behavior. (IX edition). New Delhi : Pearson
Education.
5. **Schein, E.H. (1997)**. Organizational Psychology. New Delhi : Prentice Hall of India.
6. **Suleman, Md.(2008)**. Modern Industrial And Organizational Psychology.

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Semester-III

PSY. DSE-301: (C) OCCUPATIONAL STRESS MANAGEMENT

Total Marks-70

Times-3 hours

A total of eight questions will be set in each course in which question 1 will be objective type questions (MCQ/ true-false/ fill in the blanks etc.) consisting 10 questions of 1 mark each and will be compulsory. Any four questions shall have to be answered by the examinees out of the remaining seven questions carrying 15 marks each.

Unit – I : Stress

- Concept, different perspectives and symptoms;
- Framework of stress; Occupational Stress.
- P-E fit model of job stress.

Unit – II : Causes of Occupational Stress

- Personal Characteristics.
- organizational structure.
- properties of work and work setting, job roles.

Unit – III : Effects of occupational stress

- Effect on job behavior.
- job satisfaction.
- performance, absenteeism.
- Effects on employee's physical and psychological health.

Unit – IV : Individual-Centered Stress Management Techniques

- Cognitive, Hypnosuggestive, behavioural and physical (Yoga and Aerobic Exercises) interventions;
- Coping strategies.

Unit – V : Organization-Centered Stress management Interventions

- Preventing, mitigating and moderating stress at organizational level.

SUGGESTED READINGS:-

1. **Mattenson, M.T. & Ivancevich, J.M. (1987).** *Controlling work stress-Effective human resources and management strategies.* San Francisco : Josey Bass
2. **Pestonjee, D.M. (1992).** *Stress and coping.* New Delhi : Sage Publications.
3. **Ross, R.R. & Altmair, E.M. (1994).** *Interventions in occupational stress.* New Delhi : Sage publications.
4. **Schafer, W. (200).** *Stress management (4th Ed.).* New Delhi : Cengage.
5. **Srivastava, A.K. (1999).** *Management of Occupational Stress : Theories and Practice.* New Delhi : Gyan Publishing House.

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Semester-III

PSY. DSE-302: PRACTICAL (Testing)

Time : 4 Hours

Full Marks : 100

Testing -80

Viva - 20

Four questions will be set by examiners at the centre of examination and the examinees shall be required to answer any two questions.

➤ **Personality Tests**

- a) Thematic Apperception Test
- b) Rorschach Test
- c) Cattell's 16 PF.
- d) Students Stress Scale by Dr. Zaki Akhtar

➤ **Intelligence Tests**

- a) Verbal Intelligence Test . Ojha & Raychoudhary
- b) Bhatia Battery of Performance Intelligence Test.
- c) General Intelligence Test- By S.M. Mohsin
- d) PGI Health Questionnaire N-1.

SUGGESTED READINGS:-

1. **Anastasi, A. (1988):** Psychological Testing (Stz. Ed.). N. Y: Mc. Millan.
2. **Broota, K.D. (1990):** Experimental Design in Behavioral Research. N. Y: John Wiley.
3. **Cronbach, L. J. (1970):** Essential of Psychological Testing. N. Y: Harper & Row.
4. **Freeman, F.S. (1986):** Theory and Practice of Psychological Testing. New Delhi: Oxford & IBH Publishing Co.
5. **Guilford, J.P. (1954):** Psychometric Methods. New Delhi: Tata Mc Grans-Hill Publishing Co. Ltd.
6. **Bhargava, M. (2001):** Morden Psychological Testing and Measurement (Hindi). Agra: Hari Prasad Bhargava.
7. **Singh, A.K. (2006).** Advanced Psychological Experiments and Testing (In Hindi).
8. **Suleman, M. (2005).** Manovigyanik Prayog Evam Parikshan. Patna : Motilal Banarsidas. (In Hindi).



Semester-III

PSY. PR - 301 PROJECTS

Total Marks-100

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

Semester-IV

PSY. CC-401: PERSONALITY THEORIES

Total Marks-70

Times-3 hours

A total of eight questions will be set in each course in which question 1 will be objective type questions (MCQ/ true-false/ fill in the blanks etc.) consisting 10 questions of 1 mark each and will be compulsory. Any four questions shall have to be answered by the examinees out of the remaining seven questions carrying 15 marks each.

Unit – I : Personality

- Concept.
- Approaches: Ideographic, Nomothetic.
- Types and Traits approach.
- Indian approach to personality.

Unit – II : Psychoanalytic Strategies

- Freud.
- Adlerl.
- Jung.

Unit – III : The Dispositional Strategy

- Murray's need theory.
- McClelland – Atkinson approach to personality.

Unit – IV : The Phenomenological Strategy

- Maslow need hierarchy theory.
- Lewin's field theory.

Unit – V : Determination of Personality

- Biological.
- Environmental: Social, Cultural & Economics

SUGGESTED READINGS:-

1. **Bisoff, L.J. (1970).** Interpreting Personality Theories. New York : Harper and Roe.
2. **Hall C.S. and G. Lindzey (1978).** Theories of Personalities (III Ed.) New York : J Wiley and Sons.
3. **Hjelle L.A. and Zeigler D.J. (1991).** Personality Theories : Basic Assumptions, Research and Applications (2nd ed.). International Students Edition.
4. **Srivastava Ramji, et. al. (2012).** Personality Psychology. Agamgarh, Motilal Banarsidas. (Hindi Version).
5. **Singh, A.K. (2010).** Vyaktitva ka Manovigyan. Patna : Motilal Banarsidas.
6. **Kaplan, H.I. and Sadock, B.J. (1988).** Comparative Test Book of Psychiatry, (5th edition). Baltimore : W. Wilkins.
7. **Krochin, Shelden, J. (1982).** Modern Clinical Psychology. New Delhi : CBS Publication.
8. **Wolpe, R and W Dryden (ed.) (1996).** Hand Book of Counselling Psychology. New Delhi : Sage
9. **Wolberg, L.R. (1988).** The Techniques of Psychotherapy (IV ed.) Vol.-I and Vol.-II Philadelphia : Grune and Stratton Inc.
10. **Hassan, S (2000).** Naidanik Manovigya. Patna : Motilal Banarsidas. (In Hindi).

Semester-IV

PSY. CC-402 : THE PSYCHOLOGY OF ADOLESCENTS

Total Marks-70

Times-3 hours

A total of eight questions will be set in each course in which question 1 will be objective type questions (MCQ/ true-false/ fill in the blanks etc.) consisting 10 questions of 1 mark each and will be compulsory. Any four questions shall have to be answered by the examinees out of the remaining seven questions carrying 15 marks each.

Unit – I : Development of Adolescent

- Physical.
- Cognitive.
- Moral and Social Development of Adolescent.

Unit – II : Sexuality Adolescent

- Adolescent Sexuality.
- Sexual Attitude and Values-Determinants.

Unit – III : Adolescent and Drug Abuse

- Adolescent and Drugs Abuse-Reasons of Drug Abuse.
- Types of Drug Intake.
- Impact of Drug Abuse.

Unit –IV: Alienation and Delinquency

- Alienation and Delinquency.
- Causes and Consequences of Alienation and Delinquency.
- Prevention of Delinquency.

Unit – V : Psychological and Psycho-Physiological Disturbance

- Anxiety, Phobias, Depression and Suicide.

- **Psycho Physiological Problems-** Hypochondriasis, Eating Disorders, Adolescent Psychosis, Borderline Disorders.
- **Psychological Treatment of Adolescents.**

SUGGESTED READINGS:-

1. **Adolescent and Youth**, John Jane Conger Anne C. Peterson, Harper and Row Publishers, New York.
2. **The psychology of adolescence**, Arthur T, Jersild, the Macmillan Company, New York.
3. **Adolescents: Development and Relationships**, Mollie S. Smart and Russell C. Smart, The Macmillan Company, New York.

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Semester-IV

PSY. DSE-401: (A) PSYCHOPATHOLOGY

Total Marks-70

Times-3 hours

A total of eight questions will be set in each course in which question 1 will be objective type questions (MCQ/ true-false/ fill in the blanks etc.) consisting 10 questions of 1 mark each and will be compulsory. Any four questions shall have to be answered by the examinees out of the remaining seven questions carrying 15 marks each.

Unit – I : Classification System in Psychopathology

- ICD-10 and dsm-5.
- Approaches to psychopathology : Biological, Psychodynamic, behavioural, cognitive and socio-cultural.

Unit – II : Anxiety Disorder meaning

- Phobia, specific phobia.
- Panic disorder, Generalized Anxiety Disorder (GAD)
- Obsessive Compulsive Disorder (OCD).

Unit – III : Trauma and Stress related Disorder (PTSD)

- Dissociative disorders .
- Dossociative Identity disorders.
- derealization disorders.

Unit – IV : Schizophrenia and other Psychotic disorders

- Schizophrenia.
- Delusional disorder.
- Psychotic disorder; Bipolar and related disorder.
- Depressive disorder, Mood disorder.

Unit – V : Eating and Sleeping Disorder

- Anorexia Nervosia.
- Bulmia Nervosa.
- Insomania and Narcolepsy.

SUGGESTED READINGS:-

1. **American Psychiatric Association (2013).** *diagnostic and statistical manual of mental disorders: DSM-5*, American Psychiatric Pub.
2. **Barlow, D.H. & Durand, V.M. (1999).** *Abnormal Psychology : An integrative approach* (2nd Ed.). Pacific Grove : rooks / Cole.
3. **Buss. A.H. (1999).** *Psychopathology*. New York : John Wiley.
4. **Butcher. J.N. (2014).** *Abnormal Psychology*. New Delhi : Pearson Education.
5. **Carson, R.C., Butcher, J.N., & Mineka, S. (2001).** *Abnormal Psychology and modern life* (11th Ed.). New York. Allyn and Bacon.
6. **Kaplan, H.J., & Sadock, B.J. (92004).** *Synopsis of Comprehensive Textbook of Psychiatry* (10th Ed.). Baltimore : Williams & Wilkins.
7. **Sarason. I.G. & Sarason, B.R. (2006).** *Abnormal Psychology*. (11th Ed.). Delhi : Prentice Hall India.



Semester-IV

PSY. DSE-401: (B) COUNSELLING PSYCHOLOGY

Total Marks-70

Times-3 hours

A total of eight questions will be set in each course in which question 1 will be objective type questions (MCO/ true-false/ fill in the blanks etc.) consisting 10 questions of 1 mark each and will be compulsory. Any four questions shall have to be answered by the examinees out of the remaining seven questions carrying 15 marks each.

Unit – I : Counseling

- Nature, Scope and Goals.
- Historical Development.
- Current Status.
- Counseling as a help in different profession.

Unit – II : Techniques of Counselling

- Theory, Goals, Method, Advantages and Limitations.
- Psychodynamic approach : Freud, Jung, Adler.
- Neo-Freudin : Erik Erkson, Karen Horney.
- Humanistic approach : Abraham Maslow.
- Phenomenological : Carl Rogers.

Unit – III : Counseling Application

- Child and Adolescent counseling.
- Family Counseling.
- Career Counseling.
- Crisis Intervention Counseling.

Unit – IV : Ethical Dimension of Counseling

- Legal Consideration in Counseling.
- Ethical Consideration in Counseling.

Unit – V : Indian Approach to Counseling

- Yoga.
- Mediation in Counseling.

SUGGESTED READING:-

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



Semester-IV

PSY. DSE-401: (C) ORGANIZATIONAL COMMUNICATION

Total Marks-70

Times-3 hours

A total of eight questions will be set in each course in which question 1 will be objective type questions (MCQ/ true-false/ fill in the blanks etc.) consisting 10 questions of 1 mark each and will be compulsory. Any four questions shall have to be answered by the examinees out of the remaining seven questions carrying 15 marks each.

Unit – I : Conceptual Framework

- Meaning and process of communication,
- perspectives;direction of Communication flow.
- Communication barriers.

Unit – II : External Communication

- Environmental Scanning.
- Management of external communication.

Unit – III : Interpersonal Communication

- Needs perspective, transactional analysis,
- Johari window; role of symbols, media and information technology, choosing among.
- media; communication network.

Unit – IV : Non-verbal Communication

- Dimensions and functions of non-verbal communication; cultural differences in non-verbal communication.

Unit – V : Communication for Organizational Effectiveness

- Persuasion and influence, counseling, listening, orientation feedback.
- conducting effective interviews, effective oral presentations.

SUGGESTED READINGS:-

1. Andrews, P.H. & Herzfeld, R.T. (1997), *Organizational Communication* (1st Ed.) New Delhi - A.I.T.B.S. Publications.
2. Fisher, D. (2003), *Communication in organizations* (2nd Ed.) Bombay - Jaico Books.
3. Goffhaber, G.M. (1998), *Organizational Communication* (2nd Ed.) Salt Lake Brown.
4. Laskar, R.V. & Puri, I.D. (1998), *Business Communication - Theory and applications* (5th Ed.) Gurgaon - Richard D. Irwin Inc.

Semester-IV

PSY. DSE-402: PRACTICAL (Testing)

Time : 4 Hours

Full Marks : 100

Testing -80

Viva - 20

Four questions will be set by examiners at the centre of examination and the examinees shall be required to answer any two questions.

- Maudsley Personality Inventory
- Sinha Anxiety Scale.
- Vocational Interest Record – S.P. Kulshresrha.
- Emotional Intelligence Scale By Singh Marain.
- Life Satisfaction Scale By S.K. Mangal and Shubhra Mangal.
- Personal Stress Source Inventory by Arun Kumar Singh, Ashis Kumar Singh and Arpana Singh .
- Mental Health Check List – Pramod Kumar.
- Job – Burnout Scale – Dr. Zaki Akhtar.

SUGGESTED READINGS:-

1. Mohsin, SM (1998). Experiments In Psychology. Patna: Motilal Banarasidas.
2. Postman and Egan (1964). Experimental Psychology. New York: Harper and Bros.
3. Woodworth and Scholsberg (1960). Experimental Psychology. New York: Ronal Press.
4. Singh A. K. (2006). Advanced Psychological Experiments and testing. Patna: Motilal Banarasidas Publication. (In Hindi).
5. Suleman, M. (1996). Manovigyan Me Prayog aur Pariksan. Patna: Motilal Banarasidas. (In Hiondi).
6. Suleman, M. (2005). Manovigyanik Prayog Evam Parikshan. Patna : Motilal Banarsidas. (In Hindi).

Semester-IV

PSY PR-401. PROJECTS

Total Marks-100

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

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