

**CHOICE BASED CREDIT SYSTEM (CBCS)**

**PSYCHOLOGY**

**M.A. SEMESTER-I, II, III, & IV PROGRAMME**



**UNIVERSITY DEPARTMENT OF PSYCHOLOGY**

**KOLHAN UNIVERSITY**

**CHAIBASA**

**YEAR-2017**

**M.A. PSYCHOLOGY**  
**KOLHAN UNIVERSITY, CHAIBASA**

Semester	Subject Code	Name of Courses	Credit
I	FC-1	Computer Science	4
	PSYC CC1	Introduction to Psychology	5
	PSYC CC2	Industrial Psychology	5
	PSYC CC3	Practical	5
II	EC-1	Research Methodology in Psychology	4
	PSYC CC 4	Psychology of Individual Differences- Personality and Intelligence	5
	PSYC CC 5	Statistics	5
	PSYC CC 6	Practical	5
III	PSYC CC 7	Clinical Psychology	5
	PSYC CC 8	Peace Psychology	5
	EC 2	Organizational Psychology or Environmental Psychology or Criminal Psychology	5
	EC-3	Practical	5
IV	PSYC CC 9	Social Psychology in India	5
	EC 4	Positive Psychology or The Psychology of Adolescents or Cross Cultural Psychology	5
	EC 5	Practical	5
	Project Work	Project Work	5
			78

# Semester-I

## PSYC CC - 1 INTRODUCTION 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 question (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 carving 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, Behavioristic 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: Attention**- Meaning and characteristics and types of attention; Determinants of attention; Selective attention-theories; Sustained attention-theories; Distraction of attention.

### Suggested Readings:

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

# Semester-I

## PSYC CC - 2 INDUSTRIAL 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 question (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 carving 15 marks each.

**UNIT-I: Introduction-** Definitions and Scope, The place of psychology in industry. The working environment. Meaning and Importance, Illumination, Ventilation and Noise.

**UNIT-II: The Hawthorne Studies-** Major parts, Detailed studies and finding, Implication of Hawthorne studies, Management relationship.

**UNIT-III: Industrial Training-** Meaning of Training, need of training, type of training.

**UNIT-IV: Accident-**Meaning, accident proneness and role of personal factors in accident causation, Causes of accident, Prevention of accident.

**UNIT-V: Motivation and Work-** Importance of motivation for work; kinds of Incentives- financial and Non-Financial; Their forms and relative strength.

### Suggested Readings:

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

## Semester-I

### PSYC CC-3 PRACTICAL (EXPERIMENTS)

**Total Marks-100**

**Times-4 hours**

**Experiment-80**

**Viva-20**

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

**UNIT-I: Psychophysics:** A) Measurement of D.L. For Lifted Weights and Visual Lengths.

B) Verification of Weber's Law for Lifted Weights and Visual Length. by using the Methods: i) Method of Limits.

ii) Method of Constant Stimuli.

**UNIT-II: Perception: Perception of time:**

A) Filled and Unfilled Conditions. B) Short and Long Interval.

**UNIT-III: Learning:**

A) Incidental V/S Intentional Learning. B) Knowledge of Results; Serial position Effect in Learning

**UNIT-IV: Retroactive Inhibition** A) Effect of the Strength of Original Learning. B) Effect of Similarity between Original and Interpolated activities. C) 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. (1996). Manovigyan Me Prayog aur Pariksan. Patna: Motilal Banarasidas. (In Hiondi).
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 Steephen F Davis Blackwell Publishing 35, Main Street Maldon, NA 02148-5020 U.S.A.

## Semester-I

### PSYC EC-1 RESEARCH METHODOLOGY 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 question (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 carving 15 marks each.

**UNIT-I: Psychological Research:** Nature and Purpose; Scientific Approach to Psychology; Types of Research-Descriptive, Exploratory and Qualitative Research; Uses of Research In Psychology.

**UNIT-II: Psychological Research: Major Stages; Processes:** Formulation of Research Problem and Hypothesis, Research Design; Identifying Variables; Control of Extraneous Variables; Sampling Design and Data Collection; Data Analysis and Interpretation; Reporting Research.

**UNIT-III: Sampling:** Types of Sampling; Probability Sampling-Random Sampling, Stratified Sampling, Cluster Sampling; Non-Probability Sampling- Quota, Accidental, Purposive, Systematic, Snowball, Dance Sampling; 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 and Usable Questionnaire.

**UNIT-V: Construction of a Psychological test:** Nature; Characteristics; Steps involved in the constructions of a Psychological test.

Readings:

1. **Kerlinger F.N. and Lee H. B. (2000):** Foundations of Behavioral Research 4<sup>th</sup> Ed. N. Y: Harcourt, College Pub.
2. **Broota, K.D. (1989):** Experimental Design in Behavioral Sciences, New Delhi: Wiley Estern Limited.
3. **Kothari, C.R. (1999):** Research Methodology-Methods & Techniques (Ed.II), New Delhi: Wishwa Prakashan.
4. **Singh, A.K. (1995):** Tests, Measurement & Research Methods in Behavioral Sciences, New Delhi: Bharati Bhawan.
5. **Singh, A.K. (2012):** Research Methods of Psychology, Sociology and Education (Hindi), Delhi: Motilal Banarasidass.
6. **Suleman, M. (1998):** Research Methodology In Behavioral Sciences (Hindi), Patna: Shukla Book Depot.

## Semester-II

### PSYC CC-4 PSYCHOLOGY OF INDIVIDUAL DIFFERENCES: PERSONALITY AND INTELLIGENCE

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 question (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 carving 15 marks each.

**UNIT-I: Personality:** Nature; Theoretical Approaches; Determinants of personality-biological and social.

**UNIT-II: Measurement of personality** - Inventory and Projective Tests.

**UNIT-III:Theories of Personality-** Allport's trait theory, Psychoanalytic, Erikson's Psych-social Theory; Murray's Need Theory.

**UNIT-IV: Intelligence:** Definition, Nature and Types Intelligence tests; Concept of I.Q.

**UNIT-V: Theories of Intelligence-** Spearman's Two Factor Theory; Thurston's Group Factor Theory; Thurndike's Multifactor Theory, Gardener's Theory of Multiple Intelligence.

Suggested Readings:

1. Carr, A. (2011): Positive psychology. Routledge.
2. Chadha, N.K. & Seth, S. (2014). The Psychological Realm: An Introduction. Pinnacle Learning, New Delhi.
3. Ciccarelli, S. K., & Meyer, G. E. (2010). Psychology: South Asian Edition. New Delhi: Pearson Education.
4. Matthijs Cornelissen, Girishwar Misra and Suneet Varma (eds.) (2011), Foundations of Indian Psychology (Vol. 1), Theories and concepts .Pearson.
5. Singh, S.K. (2007). Vyaktitva Ka Manovigyan. Patna: Motilal Banarasidas.
6. Singh, S.K. (2007). Uchhatar Samanya Manovigyan. Patna: Motilal Banarasidas.

# Semester-II

## PSYC CC-5 STATISTICS

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 question (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 carving 15 marks each.

**UNIT-I: Basic Statistical Concepts-** Meaning; Types and application of statistics in psychology; Degree of freedom; Null hypothesis; level of significance.

**UNIT-II: Significance of difference between means-** Critical Ratio and 't' test.

**UNIT-III: Correlation** – Meaning and types of correlation; Calculation of correlation-Rank difference method; product moment; Bi-serial and Point bi-serial.

**UNIT-IV: Chi-square as** a test of Independence and Goodness of fit; Assumptions, Computation by 2x2 Contingency Table and testing equal probability and Normal Distribution Hypothesis.

**UNIT-V: Analysis of variance:** meaning, Assumptions and applications; one way and two way ANOVA.

Readings:

1. Broota, K.D. (1998): Experimental Design in Behavioral Research Bombay Wiley Eastern, Ltd.
2. Guilford, J.P. (1954): Fundamental Statistics In Psychology and Education, New York, Mc. Graw Hill Book Company.
3. Peatman: S. (1954): Non-Parametric Statics for the Behavior Science Edition, New York Mc. Graw Hill Book Company.
4. Chadha, N. K. (1998): Stastical Methods in Behavioural and Social Sciences. ND: Relaince Pub. House.
5. Field, A. (2005): Discovering Statistics using SPSS. London: Sage Publications
6. Meyers, L. S., Gamst, G. & Guarino, A.J. (2008): Applied Multivariate Research: Design and Interpretation.
7. Siegel, S. (1986): Non parametric statistics. NY: Mc. Graw Hill.
8. Md.Suleman (2009): Statistics in Psychology, Education and other Social Sciences (Hindi).



## **Semester-II**

### **PSYC CC-6 PRACTICAL (TESTING)**

**Total Marks-100**

**Times-4 hours**

#### **Testing -80**

#### **Viva-20**

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

#### **1. Projective Tests**

- a) Thematic Apperception Test
- b) Rorschach Test
- c) Word Association Test

#### **2. Intelligence Tests**

- a) Portues Maze Test
- b) Jalota Group Test of Mental Ability
- c) General Intelligence Test- By S.M. Mohsin

#### **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.

# Semester-III

## PSYC CC-7 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 question (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 carving 15 marks each.

**UNIT-I: Nature:** Development of Clinical Psychology as a Profession; Development of Clinical Psychology in India; Clinical Psychology and Related Fields; Psychiatry; Psychiatric Social Work.

**UNIT-II: Diagnosis;** Meaning; Techniques; The Case History; The Interview and Diagnostic Test.

**UNIT-III: Directive and Non-Directive Psychotherapies-**Freudian Psychoanalytic Therapy: Merits and Limitations; Rogers Non-Directive Therapy; Characteristic; Step Involved; Difference between Directive and Non-Directive Therapies.

**UNIT-IV: Behaviors Therapy-** Concept; Types and Importance.

**UNIT-V: Group Therapy-** Family Therapy; Play and Release Therapy; Community Mental Health Programme's.

### Readings:

1. **Sarason I. G. and Sarason B.R.(2005):** Abnormal Psychology: The Problem of Maladaptive Behavior, 11<sup>th</sup> Edition (2005), Prentice-Hall of India Private Ltd, New Delhi.
2. **Krochin, S.J. (2004):** Modern Clinical Psychology, Delhi: CBS Publishers & Distributors.
3. **Shaffer, G.W. and Lazarus, R.S. (1952):** Fundamental Concepts in Clinical Psychology, Mc. Graw Hill Book Co.
4. **Wolmen, B.B. (1965):** Handbook Of Clinical Psychology, Mc. Graw Hill Book Co.
5. **Singh, A.K. (2012):** Uchhatar Naidanic Manovigyan, Delhi: Motilal Banarasi Das.

# Semester-III

## PSYC CC-8 PEACE 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 question (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 carving 15 marks each.

**UNIT-I: Peace Psychology:** Meaning; Aims; Indicators of Health; Mental Health and National Development; Peace Psychology in India.

**UNIT-II: Health Behavior-** Food and Eating; Alcohol and Drinking's; Tobacco and Smoking; Drug Abuse.

**UNIT-III: Illness-** Illness and Personality- Type A and Type B Behavior; Psycho-Somatic Illness.

**UNIT-IV: Stress and coping-** Nature and Types of Stress; Coping with Stress; Post-Traumatic Stress Disorder.

**UNIT-V: Mental Health Promotion-** Yoga; Health Education; Exercise; Mental Health and Peace.

### Suggested Readings:

1. Park, K & Park, E.J. (1985). Textbook of Preventive and Social Medicine, Jabalpur, Banarasi Das Bhanot.
2. Marks, D.F. et.al (2008). Health Psychology, New Delhi, Sage Publications.
3. Singh Rajbir (2005). Health Psychology, New Delhi, Global Vision Publishing House.
4. Mishra Grishwar (1999). Psychological Perspective on Stress and Health, New Delhi, Concept Publishing Co.
5. Mishra, Jagadish Prasad (2013) Psycho-13, New Delhi, Aradana Publication.

# Semester-III

## PSYC EC-2 ORGANIZATIONAL 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 question (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 carving 15 marks each.

**UNIT-I: Introduction:** Nature, Subject Matter and Scope; Importance of Organizational Behavior in Organizations.

**UNIT-II: Theories of organization Behavior-** Classical Theory; Neo- Classical Theory; Modern Theory; X and Y Theory

**UNIT-III: Organizational Change and Development-** Meaning; Factors of Change; Need For Organizational Development; Characteristics and Objectives of Organizational Development.

**UNIT-IV: Organizational Stress and Its Management-** Nature and Sources of Stress; preventing and moderating stress at organizational level.

**UNIT-V: Communication In Organizations-** Nature, Channels; Type; Factors Influencing Effective Communication.

### Suggested Readings:

1. **Arun Kumar Singh (2003):** Audougik Avam Sangathanatmak Manovigyan, Patna: Bharti Bhavan.
2. **Md Suleman & Vinay Kumar Chaudhary (2005):** Adhunik Audougik avam Sangathanatmak Manovigyan, Delhi: Motilal Banarasi Das.
3. **Dinesh Chandra kochar (1996):** Audougik avam Sangathanatmak Manovigyan, Patna: Bihar Hindi Granth Akadamy.
4. **Luthans, F.** Organization Behavior, Seventh Edition, Mc Graw-Hill International Edition.
5. **Prasad, L. M.** (2010) Organizational Behavior, New Delhi Sultan Chand & Sons.
6. **Robins, S. P.** Judge T.A. & Sanghi, S. (2009). Organizational Behavior, New Delhi, Pearson Prentice Hall.

# Semester-III

## OR PSYC EC-2 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 question (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 1:INTRODUCTION:** Definition and scope, Method: Survey research, Field studies, Experimental method.

**UNIT II: THEORETICAL APPROACH:** Environmental behaviour 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 behaviour.

**UNIT IV: ENVIRONMENTAL STRESS AND MANAGEMENT:** Environmental stress: Nature and characteristics, Natural hazards, Man-made hazards, Technological hazards.

**UNIT V: POLLUTION:** Nature, types and factors, Psychological and physical consequences and management-Noise Pollution, Air Pollution, Water Pollution.

### SUGGESTED READINGS

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

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

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

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

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

# Semester-III

## OR PSYC EC-2 CRIMINAL 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 question (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 carving 15 marks each.

**UNIT 1: INTRODUCTION:** Nature, Types and Development of Crime.

**UNIT II: THE SOCIAL CONTEX OF CRIME:** The Extent of Criminality, Victimization Internationally; The Changing Nature of Crime; Conservative and Radical Interpretations; The Complexity of Victimization.

**UNIT III: CRIME AND THE PUBLIC ATTITUDES TOWARDS CRIME:** The Fear of Crime- Cultivation Theory, Availability Heuristic Theory, Cognitive Theory.

**UNIT IV: THEORIES OF CRIME:** Neuropsychology of offending; Intelligence and Crime; Psychoanalysis and Crime; Addiction to Crime; Eysenck's Bio-Social Theory of Crime; Social Learning Theory; The Social Construction of Crime.

**UNIT V: JUVENILE OFFENDERS:** Criminogenic Factors In Childhood; Continuity of Childhood and Anti-Social Behavior; The Consequences of Social Interventions on Reducing Criminogenic effects; Sex Offences; Sex Offences; Specific Explanations of Anti-Social Behavior in Childhood; Lifespan Development and Crminal Careers.

### SUGGESTED READINGS

**Howitt, Dennis (2002):** Foensic and Criminal Psychology, Prentice Hall, An Imprint of Pearson Education, Harlow.

**Ainsworth, P.B. (2002):** Psychology and Crime- Myths and Reality, Harlow: Longman.

**Holin, C. (2006):** Psychology and Crime- an Introduction to Criminological Psychology, London and New York: Routledge.

## **Semester-III**

### **PSYC EC-3 (PRACTICAL)**

**Total Marks-100**

**Times-4 hours**

**Experiment-80**

**Viva voce-20**

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

1. Two Point Threshold
2. Relative efficacy of Distributed and Massed Practice.
3. Fatigue and Mental Work
4. Retention for Completed and Interrupted Task-Zeigarnik Effect
5. Retention as a Function of Meaningfulness.

#### **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. Desai K.G. (1994): Manovaiganik Mapan (3<sup>rd</sup> Edition), Ahmedabad; University Granth Nirman Board
7. B.J. Underwood (1966): Experimental Psychology (2<sup>nd</sup> Edition). Appretor Centre and Cropts.

# Semester-IV

## PSYC CC-9 SOCIAL PSYCHOLOGY IN INDIA

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 question (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 carving 15 marks each.

**UNIT-I: Development of Social Psychology in India-** Historical Perspective; Problems of Indian Social Psychology; Present Status of Social Psychology in India.

**UNIT-II: Socialization of Indian Children-** Role of Caste and Joint Family System; Religion and Ethnicity; Effects of Child Rearing Practices.

**UNIT-III: Indian Culture and Personality-** Regional Variations and Culture; Influence Of Culture on Motivation and Perception; Culture and Personality.

**UNIT-IV: Indian National Character-** Definition of National Character; National Character as a Model Personality; Determinants; Theories- Psychoanalytic; Learning Theory and Field theory.

**UNIT-V: Social Change in India-** Characteristics and Dimensions of Social Changes in Indian Society; Agents of Social Change; Sanskritization, Urbanization, Globalization and Then Consequence, Group Dynamics.

### Suggested Readings:

1. **Arun Kumar Singh (2010):** Samaj Manovigyan Ki Ruprekha, Delhi: Motilal Banarasi Das.
2. **Md. Suleman (2009):** Uchhatar Samaj Manovigyan, Delhi: Motilal Banarasi Das.
3. D.S. Baghel avam Kiran Baghel, Janagkiki, Delhi Vivek Prakasan.
4. **Sinha, D. (1981).** Socialization of the Indian Child, Allahabad, Concept Publishing Company.
5. **Misra, Grishwar (2006).** Psychology and Societal Development, Delhi, Concept Publishing Company.
6. **Misra, Grishwar (1990).** Applied Social Psychology in India, Delhi, Sage Publication.



# Semester-IV

## PSYC EC-4 POSITIVE PSYCHOLOGY

Full Marks-70

Times-3 hours

A total of eight questions will be set in each course in which question 1 will be objective type question (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 carving 15 marks each.

**UNIT-I: Introduction:** Definition and Objectives; Historical Development; Theoretical Perspectives of Positive Psychology.

**UNIT-II: Subjective well-being:** Concept and Indicators, Life Satisfaction, Peace and Happiness, Determinants of Happiness; Theoretical Frameworks.

**UNIT-III: Strategies To Enhance Happiness:** Enhancing Pleasure, Engagement and Meaning-Making; Self-related Process.

**UNIT-IV: Character Strengths and Virtues:** Classification, Assessment and Nurturance; Barriers in Developing Strengths and Virtues.

**UNIT-V: Meeting Life Challenges:** Nature, Type and Sources of Stress; Individual Interpretations and Responses; Coping Strategies and Their Assessment, Promoting Healthy Coping Strategies and Life Skills.

### Readings:

1. Carr, A. (2004). Positive Psychology. London: Routledge.
2. Compton, W.C. (2005). Introduction to Positive Psychology. Belmont: Wadsworth.
3. Linley, P.A; & Joseph, S. (2004). Positive Psychology in Practice. New York: Wiley.
4. Peterson, C; & Seligman, M.E.P. (2004). Character Strengths and Virtues. New York: Oxford University Press.
5. Snyder, C.R; & Lopez, S.J. (2002). Handbook of Positive Psychology. Oxford: Oxford University Press.

# **Semester-IV**

## **PSYC EC-4 or 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 question (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 carving 15 marks each.

**UNIT-I:** Physical, Cognitive, Moral and Social Development.

**UNIT-II:** Adolescent Sexuality-Sexual Attitude and Values-Determinants.

**UNIT-III:** Adolescent and Drugs Abuse-Reasons of Drug Abuse, Types of Drug Intake, Impact of Drug Abuse.

**UNIT-IV:** Alienation and Delinquency-Causes and Consequences of Alienation and Delinquency, Prevention of Delinquency.

**UNIT-V:** Psychological and Psycho-Physiological Disturbances-Anxiety, Phobias, Depression and Suicide. Psycho Physiological Problems- Hypochondriasis, Eating Disorders, Adolescent Psychoses, Borderline Disorders.  
Psychological Treatment of Adolescents.

**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.

## Semester-IV

### PSYC EC-4 or CROSS-CULTURAL 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 question (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 carving 15 marks each.

#### **UNIT-I: Culture and Behavior:**

Definition and nature of culture; Cultural relativity and the universality of human behavior; Mechanisms of cultural transmission.

#### **UNIT-II: Culture and Organizations**

Work value, Commitment, communication and interpersonal dynamics, marginal techniques, Organization development and change.

#### **UNIT-III: : Culture and Social Behaviors**

Conformity, values, individualism-collectivism, gender roles and Socialization process.

#### **UNIT-IV: Acculturation and Adaptation**

Acculturation and adaptation of tribal/native peoples and refugees; behaviors shifts and acculturative stress; Causal and moderating factors.

#### **UNIT-V: Cross-cultural Communication**

Verbal and non-verbal interactions; Communication incongruence; Formulating and managing intercultural interactions.

#### **Readings:**

1. Berry, J. W., Y.H., Gall, H.M & Dasen, P.R. (1992): Cross-Cultural Psychology; Research and Applications. New York: Cambridge University Press.
2. Berry, J.W., et.al. (1997). Handbook of Cross-Cultural Psychology (2<sup>nd</sup> Edition) (Vol. 1-3). Boston: Allyn & Bacon.
3. Brislin, R. (1990). Applied Cross-Cultural Psychology. Newbury Park: Sage.
4. Gall, M.H., Dasen, P.R. Berry, J.W. & Pootinga, Y.H. (1999). Human Behavior in Global Perspective. Boston:Allyn & Bacon.

## **Semester-IV**

### **PSYC EC-5 PRACTICAL (TESTING)**

**Total Marks-100**

**Times-4 hours**

**Experiment-80**

**Viva-Voce-20**

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

#### **GROUP-A**

- Cattels 16 PF
- Maudsley Personality Inventory
- Sinha Anxiety Scale

#### **GROUP-B**

- Emotional Intelligence Scale By A.K. Singh, National Psychological Corporation Agra-282007
- Life Satisfaction Scale By S.K. Mangal and Shubhra Mangal
- Personal Stress Source Inventory by Arun Kumar Singh, Ashis Kumar Singh and Arpana Singh

#### **Suggested Readings:**

8. Mohsin, SM (1998). Experiments In Psychology. Patna: Motilal Banarasidas.
9. Postman and Egan (1964). Experimental Psychology. New York: Harper and Bros.
10. Woodworth and Scholsberg (1960). Experimental Psychology. New York: Ronal Press.
11. Singh A. K. (2006). Advanced Psychological Experiments and testing. Patna: Motilal Banarasidas Publication. (In Hindi).
12. Suleman, M. (1996). Manovigyan Me Prayog aur Pariksan. Patna: Motilal Banarasidas. (In Hiondi).

## **Semester-IV**

# **PROJECT WORK**

**Total Marks-100**

**Project Report 80**

**Viva-voice-20**

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

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