



Guru Jambheshwar University of Science and Technology
Hisar-125001, Haryana
(A+) NAAC Accredited State Govt. University)



Scheme of Examination for Integrated Five Years Programme
[UG Four Years Programme (Single Major) + PG One Year Programme]

Name of the Programme: Integrated B.Sc. (Hons/Hons with Research)-M.Sc. Psychology
According to National Education Policy-2020

FIRST YEAR

SEMESTER-I								
Type of Course	Course Code	Nomenclature of Paper/Course	Credits	Contact Hours	Internal Marks	External Marks	Total Marks	Duration of Exam (Hrs)
Discipline Specific Course	24PSY0101T	Introduction and History of Psychology	3	3	20	50	70	2.5
	24PSY0101P	Introduction and History of Psychology- Lab	1	2	10	20	30	2
Discipline Specific Course	24PSY0102T	Basics Psychological Processes	3	3	20	50	70	2.5
	24PSY0102P	Basics Psychological Processes Lab	1	2	10	20	30	2
Minor Course/ Vocational Course		To be opted from the pool	4	4	30	70	100	3
Multidisciplinary Course		To be opted from the pool	3	3	25	50	75	2.5
Ability Enhancement Course		To be opted from the pool	2	2	15	35	50	2
Skill Enhancement Course		To be opted from the pool	2	2	15	35	50	2
		To be opted from the pool	1	2	10	15	25	2
Value Added Course		To be opted from the pool	2	2	15	35	50	2
			22	25	170	380	550	
SEMESTER-II								
Type of Course	Course Code	Nomenclature of Paper/Course	Credits	Contact Hours	Internal Marks	External Marks	Total Marks	Duration of Exam (Hrs)
Discipline Specific Course	24PSY0201T	Social Psychology-I	3	3	20	50	70	2.5
	24PSY0201P	Social Psychology-I Lab	1	2	10	20	30	2
Discipline Specific Course	24PSY0202T	Biological basis of behaviour	3	3	20	50	70	2.5
	24PSY0202P	Biological basis of behaviour Lab	1	2	10	20	30	2
Minor Course/ Vocational Course		To be opted from the pool	4	4	30	70	100	3
Multidisciplinary Course		To be opted from the pool	3	3	25	50	75	2.5
Ability Enhancement Course		To be opted from the pool	2	2	15	35	50	2
Skill Enhancement Course		To be opted from the pool	2	2	15	35	50	2
		To be opted from the pool	1	2	10	15	25	2
Value Added Course		To be opted from the pool	2	2	15	35	50	2
			22	25	170	380	550	

COURSES OFFERS FOR THE POOLS (MIC, MIN MDC, SEC, AEC AND VAC)

SEMESTER-I								
Type of Course	Course Code	Nomenclature of Paper/Course	Credits	Contact Hours	Internal Marks	External Marks	Total Marks	Duration of Exam (Hrs)
Minor Course/ Vocational Course	24MIN0101T	Fundamentals of Psychology -I	4	4	30	70	100	3
#Minor Course/ Vocational Course	24MIC0101T	Basics of Psychology -I	2	2	15	35	50	2
Multidisciplinary Course	24MDC0102T	Self-Management and Personality Development	3	3	25	50	75	2.5
Skill Enhancement Course	24SEC0102T	Psychological Testing - I	2	2	15	35	50	2
	24SEC0102P	Psychological Testing - I Lab	1	2	10	15	25	2
Value Added Course	24VAC0107T	Character Strength and Human Values	2	2	15	35	50	2
SEMESTER-II								
Type of Course	Course Code	Nomenclature of Paper/Course	Credits	Contact Hours	Internal Marks	External Marks	Total Marks	Duration of Exam (Hrs)
Minor Course/ Vocational Course	24MIN0201T	Fundamentals of Psychology -II	4	4	30	70	100	3
#Minor Course/ Vocational Course	24MIC0201T	Basics of Psychology -II	2	2	15	35	50	2
Multidisciplinary Course	23MDC0202T	Positive Psychology and Personal Growth	3	3	25	50	75	2.5
Skill Enhancement Course	24SEC0202T	Psychological Testing - II	2	2	15	35	50	2
	24SEC0202P	Psychological Testing - II Lab	1	2	10	15	25	2
Value Added Course	24VAC0107T	Character Strength and human Values	2	2	15	35	50	2

Note: The student opting for exit after first year must complete internship of 4 credits (120 Hrs) to get UG Certificate.

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Applied Psychology
Introduction and History of Psychology (Semester I)
Discipline Specific Course (DSC)

Course Code: 24PSY0101T

Credits: 03

Time of Exam: 2.5 Hrs

Marks: 70

Internal: 20

External: 50

Note: The maximum time duration for attempting the paper will be of 2.5 hours. The examiner is required to set seven questions in all. The first question will be compulsory consisting of five short questions covering the entire syllabus consisting of 2.5 marks each. In addition to that six more questions will be set, two questions from each unit. The students shall be required to attempt four questions in all selecting one question from each unit in addition to compulsory Question No. 1. All questions shall carry equal marks i.e. 12.5 marks.

Course Learning Outcomes:

- Understanding of the basic concepts of the human mind and behaviour.
- Comprehend the thoughts and important historical milestones leading to the evolution of the psychology.
- Demonstrate knowledge about the development of the field as a discipline in World and India.

Unit-I

Definition, Nature and Origin of Psychology. Scope of Psychology
Basic Issues in Psychology: - Mind vs. Body; Nature vs. Nurture; Determinism vs. Teleology; Reductionism vs. non-Reductionism
Relationship of Psychology with Sociology, Philosophy and Education

Unit-II

Schools of Thought in Psychology: Structuralism, Functionalism, Associationism, Behaviourism & Neo-Behaviourism.

Unit - III

Schools of Thought in Psychology: Gestalt Psychology, Psychoanalysis, Neo-Freudian, Humanistic Psychology, Existential and Cognitive Revolution. Present Situation of Psychology as a discipline in India.

Introduction and History of Psychology-Lab

Course Code: 24PSY0101P

Credits: 01

Time of Exam: 02 Hrs

Marks: 30

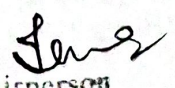
Internal: 10

External: 20

1. Sound Localization
2. Alexander Pass Along Test
3. Emotional Intelligence
4. Youth Problem Inventory
5. Effect of Knowledge of Results on performance

References:

- Chaplin, T. & Kraweic, T.S. (1979). *Systems and Theories of psychology*. Holt Rinehart & Winston.
- Hergenhahn, B. R., & Henley, T. (2013). *An introduction to the history of psychology*. Cengage Learning.
- Hothersall, D. (1995). *History of psychology*. Ohio: McGraw Hill International.
- Marx, M.H. & Cronan-Hillix, W.A. (1987). *Systems and Theories in psychology*. New York. McGraw Hill International Editions.
- Morgan, C. T., King, R. A., Weisz, J. R., & Schopler, J. (1999). *Introduction to Psychology*. New Delhi. Tata McGraw Hill.
- Ciccarelli, S. K., & Meyer, G. E. (2010). *Psychology, South Asian Edition*. New Delhi: Pearson Education
- King, D.B., Viney, W. & Woody, W.D. (2008). *A History of Psychology: Ideas and Context (4th Ed.)*. London, UK: Pearson Education.
- Paranjpe, A. C. (1984). *Theoretical psychology: The meeting of East and West*. New York: Plenum Press.
- Schultz, D.P. & Schultz, S.N. (2011). *A History of Modern Psychology, 10th edition*. UK: Wadsworth, Cengage Learning


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Applied Psychology
Basics Psychological Processes (Semester I)
Discipline Specific Course (DSC)

Course Code: 24PSY0102T

Credits: 03

Time of Exam: 2.5 Hrs

Marks: 70

Internal: 20

External: 50

Note: The maximum time duration for attempting the paper will be of 2.5 hours. The examiner is required to set seven questions in all. The first question will be compulsory consisting of five short questions covering the entire syllabus consisting of 2.5 marks each. In addition to that six more questions will be set, two questions from each unit. The students shall be required to attempt four questions in all selecting one question from each unit in addition to compulsory Question No. 1. All questions shall carry equal marks i.e. 12.5 marks.

Course Learning Outcomes:

- Exhibit understanding of the basic core concepts of psychology and research related to them.

Unit-I

Sensation: Definition, Nature and Types.

Visual Sensation: Structure and Functioning of Eye, Auditory Sensation: Structure and Functioning of Ear

Perception: Definition and Nature. Perception of Form: Laws of Perceptual Organization, Figure and Ground. Depth Perception, Perceptual Constancies (Shape, Size, Colour), Illusions

Unit-II

Learning: Definition and characteristics. Types of Learning.

Trial and Error Learning, Laws of Learning, Classical Conditioning, Instrumental Conditioning, Observational Learning, Insight Learning.

Unit – III

Emotions: Definition and characteristics of emotions, Basic Emotions,

Components of emotions (physiological, cognitive, and behavioural)

Theories of Emotions: James-Lange Theory, Cannon-Bard Theory, Schachter-Singer Theory. Facial-Feedback Hypothesis.

Motivation: Definition, Motivation Cycle, Types of Motivation: Internal and External

Basic Psychological Processes-Lab

Course Code: 24PSY0102P

Credits: 01

Time of Exam: 02Hrs

Marks: 30

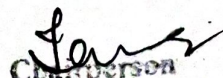
Internal: 10

External: 20

1. Retinal Colour zones/Colour Blindness
- 2 Depth perception
3. Study of Emotions
4. Motivation Analysis Test
5. Bilateral Transfer of Training

References:

- Ciccarelli, S. K., & Meyer, G. E. (2010). *Psychology, South Asian Edition*. New Delhi: Pearson Education
- Feldman, S.R. (2009). *Essentials of Understanding Psychology (7th Ed.)*. New Delhi: Tata McGraw Hill.
- Michael, W., Passer, & Smith, R.E. (2007). *Psychology: The Science of Mind and Behavior*. New Delhi: Tata McGraw-Hill.
- Morgan, C.T., King, R.A., Weiss, R.A., & Schopler, J. (2004). *Introduction to Psychology (7th Edition)*. New York: Mc Graw Hill.


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Applied Psychology
Fundamentals of Psychology- I (Semester I)
Minor Course (MIC)

Course Code: 24MIN0101T

Credits: 04

Time of Exam: 3 Hrs.

Marks: 100

Internal: 30

External: 70

Note: The maximum time duration for attempting the paper will be of 3 hours. The examiner is required to set nine questions in all. The first question will be compulsory consisting of seven short questions covering the entire syllabus consisting of 2 marks each. In addition to those eight more questions will be set, two questions from each unit. The students shall be required to attempt five questions in all selecting one question from each unit in addition to compulsory Question No. 1. All questions shall carry equal marks.

Course Learning Outcomes:

- Familiar with basic concepts of psychology.
- Understanding of psychological aspects behind learning process.
- Understanding of psychological aspects involved in memory process.

Unit-I

Psychology: Nature, Historical background, Emergence of Psychology as a Science. Methods: Experimental, Interview, Observation

Unit-II

Sensation: Definition, Nature and Types
Visual Sensation: Structure and function of eye
Auditory Sensation; Structure and function of ear

Unit-III

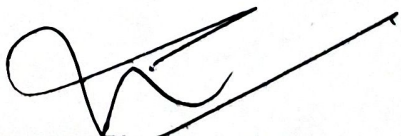
Perception: Definition and Nature, Sensation vs Perception
Perception of Form: Laws of Perceptual Organization, Figure and Ground
Depth Perception: Monocular and Binocular cues of perception.

Unit-IV

Attention: Nature and Types. Factors affecting Attention
Theories of Attention

References:

- Baron, R.A & Misra, G.(2014). Psychology. New Delhi: Pearson Education.
- Ciccarelli, S.K., Meyer, G.E. & Misra, G. (2013). Psychology: South Asian Edition. New Delhi: Pearson Education.
- Singh. A. and Singh. U. (1984). Samanya Manovigyan. Bhiwani: VaidicPrakashan.
- Singh, A.K. (2009). Uchatar Samnya Manovigyan. Delhi: Moti Lal Banarsidas.


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Applied Psychology
Basics of Psychology-I (Semester I)
Minor Course (MIC)

Course Code: 24MIC0101T

Credits: 02

Time of Exam: 2 Hrs.

Marks: 50
Internal: 15
External: 35

Note: The maximum time duration for attempting the paper will be of 2 hours. The examiner is required to set five questions in all. The first question will be compulsory consisting of five short questions covering the entire syllabus consisting of 3 marks each. In addition to those four more questions will be set, two questions from each unit. The students shall be required to attempt three questions in all selecting one question from each unit consisting of 10 marks each in addition to compulsory Question No. 1.

Course Learning Outcomes:

- Understand basic concepts of psychology.
- Acquaint the students with sensation process in psychology.

Unit-I

Psychology: Nature, Historical background, Emergence of Psychology as a Science. **Methods:** Experimental, Interview, Observation

Unit-II


Sensation: Definition, Nature and Types

Visual Sensation: Structure and function of eye

Auditory Sensation; Structure and function of ear

References:

- Baron, R.A & Misra, G. (2014). Psychology. New Delhi: Pearson Education.
- Ciccarelli, S.K., Meyer, G.E. & Misra, G. (2013). Psychology: South Asian Edition. New Delhi: Pearson Education.


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Applied Psychology
Self-Management and Personality Development (Semester I)
Multidisciplinary Course (MDC)

Course Code: 24MDC0102T

Credits: 03

Time of Exam: 2.5 Hrs.

Marks: 75

Internal: 25

External: 50

Note: The maximum time duration for attempting the paper will be of 2.5 hours. The examiner is required to set seven questions in all. The first question will be compulsory consisting of five short questions covering the entire syllabus consisting of 2.5 marks each. In addition to that six more questions will be set, two questions from each unit. The students shall be required to attempt four questions in all selecting one question from each unit in addition to compulsory Question No. 1. All questions shall carry equal marks i.e. 12.5 marks.

Course Learning Outcomes:

- Understanding of core and basic components of self
- Exhibit strategies of boosting self-esteem and building self-confidence
- Have the understanding of personality types and traits

Unit-I

Understanding self: Defining Self; Components of self: self-concept, self-esteem, self-image
Exploring Self: Introspection, JOHARI Window

Unit-II

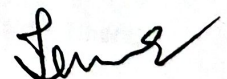
Self- Esteem: Concept, Importance of self-esteem
Characteristics of people with low and high self-esteem, Assessment of self-esteem
Self-Confidence- Concept and importance, Strategies of building self-concept

Unit – III

Personality: Definition, Nature
Factors affecting personality- Biological, Psychological, Sociocultural
Type and Trait Approach to Personality: Eysenck, Allport and Cattell
BIG5 Factors of Personality

References:

- Adler, R. B., & Proctor II, R.F. (2012). *Looking out/Looking in (14th ed.)*. Boston, USA: Wadsworth Cengage Learning
- Haddon, P. F. (1999). *Mastering Personal and Interpersonal Skills*. London: Thorogood
- Weiten, W. & Lloyd, M.A. (2006). *Psychology Applied to Modern Life: Adjustment in the 21st Century (8th ed.)*. Belmont, CA: Thomson Wadsworth.



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Applied Psychology
Psychological Testing - I (Semester I)
Skill Enhancement Course (SEC)

Course Code: 24SEC0102T

Credits: 02

Time of Exam: 02Hrs

Marks: 50

Internal: 15

External: 35

Note: The maximum time duration for attempting the paper will be of 2 hours. The examiner is required to set five questions in all. The first question will be compulsory consisting of five short questions covering the entire syllabus consisting of 3 marks each. In addition to those four more questions will be set, two questions from each unit. The students shall be required to attempt three questions in all selecting one question from each unit consisting of 10 marks each in addition to compulsory Question No. 1.

Course Learning Outcomes:

- Summarize the historical antecedents to psychological testing
- Understanding of fundamentals of psychological testing and tool development
- Understanding of applications of psychological tools in different areas
- Enable students to apply the psychometric tools in different settings

Unit-I

History and Evolution of Psychological Measurement and Testing.
Levels of Measurement (Scales)
Psychological Test: Classification and types of Psychological Tests

Unit-II

Uses and Applications of Psychological Tests, in different areas: Industries and Organizations, Forensics, Military, Counselling and Educational Settings

Course Code: 24SEC0102P

Credits: 01

Time of Exam: 02 Hrs.

Psychological Testing - I Lab

Marks: 25

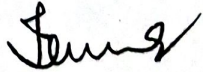
Internal: 10

External: 15

1. Simple Reaction Time
2. Maze Learning
3. Span of Attention
4. Motivation
5. Muller-Lyer Illusion

References:

- Singh A.K. (2006). *Tests, Measurement and Research Methods in Behavioural Sciences* (5th Ed.). Bharati Bhavan.
- Aiken, L.R. (1994). *Psychological Testing and Assessment*. Boston: Allyn and Bacon.
- Anastasi, A., & Urbina, S (1997). *Psychological Testing*. (7th edition) upper saddle River (NJ): Prentice Hall.
- Freeman, F.S. (1974). *Theory and practice of psychological testing*. New Delhi: Oxford and IBH.


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Applied Psychology
Social Psychology-I (Semester II)
Discipline Specific Course (DSC)

Course Code: 24PSY0201T
Credits: 03
Time of Exam: 2.5 Hrs

Marks: 70
Internal: 20
External: 50

Note: The maximum time duration for attempting the paper will be of 2.5 hours. The examiner is required to set seven questions in all. The first question will be compulsory consisting of five short questions covering the entire syllabus consisting of 2.5 marks each. In addition to that six more questions will be set, two questions from each unit. The students shall be required to attempt four questions in all selecting one question from each unit in addition to compulsory Question No. 1. All questions shall carry equal marks i.e. 12.5 marks.

Course Learning Outcomes:

- Describe the core concepts and methods pertinent to social psychology
- Understanding of basic social phenomenon

Unit-I

Social Psychology: Nature, history. Methods for studying social psychology
Self, Self-esteem. Socialization, agents, Impact of culture, Social Learning

Unit-II

Attitudes: Formation and change. Heuristics, Schemas. Stereotypes, prejudices, discrimination

Unit – III

Prosocial behaviour: Causes, determinants of helping behaviour. Increasing prosocial behaviour.
Altruism: Stages of development and personality disposition

Course Code: 24PSY0201P

Social Psychology - I Lab

Credits: 01

Time of Exam: 02Hrs

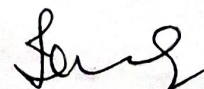
List of Practical

1. Sociometry
2. Self esteem
3. Attitude
4. Stereotype
5. Altruism

Marks: 30
Internal: 10
External: 20

References:

- Aronson, E. (1995). *The social Animal*. New York: Freeman:
- Baron, A., & Byrne, D. (1994). *Social Psychology. Understanding Human Interaction*, New York: Prentice Hall.
- Lippa, R.A. (1990). *Introduction to Social Psychology*. Belmont: Wadsworth.
- Misra, G. (1988). *Applied Social Psychology in India*, New Delhi: Sage.
- Myers, D.G. (1994). *Exploring Social Psychology*, New York: Mc Graw-Hill.



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Applied Psychology
Biological Basis of Behaviour (Semester II)
Discipline Specific Course (DSC)

Course Code: 24PSY0202T

Credits: 03

Time of Exam: 2.5 Hrs.

Marks: 70

Internal: 20

External: 50

Note: The maximum time duration for attempting the paper will be of 2.5 hours. The examiner is required to set seven questions in all. The first question will be compulsory consisting of five short questions covering the entire syllabus consisting of 2.5 marks each. In addition to that six more questions will be set, two questions from each unit. The students shall be required to attempt four questions in all selecting one question from each unit in addition to compulsory Question No. 1. All questions shall carry equal marks i.e. 12.5 marks.

Course Learning Outcomes:

- Understanding of brain and behaviour
- Demonstrate the methodological approaches to study human brain
- Comprehensive understanding of neural mechanism involved in psychological processes

Unit-I

Evolutionary and Genetic Foundations

Methods to study brain: Invasive and Non-invasive

Endocrine System and its effect on behaviour

Unit-II

Structure and types of neurons. Neural impulse: Origin, Conduction and Measurement. Neurotransmitters.

Structure and Function of Human Nervous System-Central Nervous System and Peripheral Nervous System

Unit - III

Development of brain. Plasticity of the brain. (Maturation of the vertebrate brain, path finding by axons) Plasticity of brain (Brain damage and short-term recovery, later mechanisms of recovery).

Sleep, wake, consciousness: Stages of sleep and disorders related to sleep

Biological Basis of Behaviour Lab

Course Code: 24PSY0202T

Credits: 01

Time of Exam: 02Hrs

Marks: 30

Internal: 10

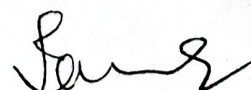
External: 20

List of Practical:

1. Sleep Quality
2. Bender Visual Motor Gestalt Test
3. EMG
4. PGIMS
5. Biofeedback

References:

- Carlson, N. (1991). *Biology of Behavior*. Boston: Allyn and Bacon.
- Graham, R.B. (1990). *Physiological Psychology*. California: Wadsworth.
- Hoyenga, K.B., & Hoyenga, K.T. (1998). *Psychobiology: The neuron and Behavior*. California: Brooks/Cole.
- Kalat, J.N. (2001). *Biological Psychology*. California: Wadsworth.
- Pinel, Johan, P.J. (1990). *Biopsychology*. Boston: Allyn and Bacon.
- Rosenzweig, M.R., & Lieman, A.L. (1989). *Physiological Psychology*. New York: Random House.
- Rosenzweig, M.R., Leiman, A.L., & Breed I. S.M. (1999). *Biological Psychology: An Introduction to Behavioral, cognitive and Clinical Neuro Science*. 2nd edition Massachusetts: Sinauer.



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Applied Psychology
Fundamentals of Psychology II (Semester II)
Minor Course (MIC)

Course Code: 24MIN0201T
Credits: 04
Time of Exam: 3 Hrs.

Marks: 100
Internal: 70
External: 30

Note: The maximum time duration for attempting the paper will be of 3 hours. The examiner is required to set nine questions in all. The first question will be compulsory consisting of seven short questions covering the entire syllabus consisting of 2 marks each. In addition to those eight more questions will be set, two questions from each unit. The students shall be required to attempt five questions in all selecting one question from each unit in addition to compulsory Question No. 1. All questions shall carry equal marks.

Course Learning Outcomes:

- Get understanding of basic concepts of psychology.
- Acquaint the students with learning and memory process in psychology.
- Acquaint the students with the concept of emotion and motivation in psychology.

Learning: Nature and meaning,
Classical and Instrumental Conditioning.

Unit-I

Learning: Trial and error learning, Insight Learning, Observational learning
Memory: Nature, Factors Affecting Memory. Types of Memory.

Unit-II

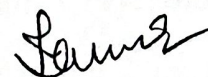
Emotion: Nature, physiology of emotion, theories of emotion: James-Lange, Cannon-Bard, Schachter-Singer

Unit-III

Motivation: Nature, Motivation Cycle, Factors affecting motivation, types of motives

References:

- Baron, R.A & Misra, G.(2014). Psychology. New Delhi: Pearson Education.
- Ciccarelli, S.K., Meyer, G.E. & Misra, G. (2013). Psychology: South Asian Edition. New Delhi: Pearson Education.
- Singh, A. and Singh, U. (1984). Samanya Manovigyan. Bhiwani: Vaidic Prakashan. Singh, A.K. (2009). Uchatar Samanya Manovigyan. Delhi: Moti Lal Banarsidas.



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Dept. of Applied Psychology
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Applied Psychology
Basics of Psychology II (Semester: II)
Minor Course (MIC)

Course Code: 24MIC0201T

Credits: 02

Time of Exam: 2 Hrs.

Marks: 50

Internal: 15

External: 35

Note: The maximum time duration for attempting the paper will be of 2 hours. The examiner is required to set five questions in all. The first question will be compulsory consisting of five short questions covering the entire syllabus consisting of 3 marks each. In addition to those four more questions will be set, two questions from each unit. The students shall be required to attempt three questions in all selecting one question from each unit consisting of 10 marks each in addition to compulsory Question No. 1.

Course Learning Outcomes:

- Get understanding of basic concepts of psychology.
- Acquaintance with the process of perception.
- Understanding with the concept of emotion and motivation.

Unit-I

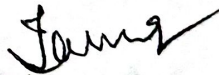
Perception: Definition and Nature, Sensation vs Perception
Perception of Form: Laws of Perceptual Organization, Figure and Ground
Depth Perception: Monocular Cues and Binocular Cues

Unit-II

Emotion: Nature, physiology of emotion, theories of emotion: James-Lange, Cannon-Bard, Schachter-Singer.
Motivation: Nature, Motivation Cycle, types of motives (Intrinsic and Extrinsic)

References:

- Baron, R.A & Misra, G.(2014). Psychology. New Delhi: Pearson Education.
- Ciccarelli, S.K., Meyer, G.E. & Misra, G. (2013). Psychology: South Asian Edition. New Delhi: Pearson Education.
- Singh.A. and Singh.U.(1984). Samanya Manovigyan. Bhiwani: VaidicPrakashan. Singh, A.K. (2009). Uchatar Samnya Manovigyan. Delhi: Moti Lal Banarsidas.


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Applied Psychology
Positive Psychology and Personal Growth (Semester II)
Multidisciplinary Course

Course Code: 24MDC0202T

Credits: 03

Time of Exam: 2.5 Hrs

Marks: 75
Internal: 25
External: 50

Note: The maximum time duration for attempting the paper will be of 2.5 hours. The examiner is required to set seven questions in all. The first question will be compulsory consisting of five short questions covering the entire syllabus consisting of 2.5 marks each. In addition to that six more questions will be set, two questions from each unit. The students shall be required to attempt four questions in all selecting one question from each unit in addition to compulsory Question No. 1. All questions shall carry equal marks i.e. 12.5 marks.

Course Learning Outcomes:

- Appreciate the meaning and importance of positivism in life
- Understanding of positive emotional states and their importance in well-being
- Demonstrate and apply positive states in day-to-day life

Unit-I

Positivism: Role and Importance,
Subjective well-being: concept, importance and indicators.

Unit-II

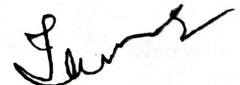
Psychological well-being: concept, dimensions and importance
PERMA and it's applications.

Unit – III

Resilience-concept and importance
Sources of resilience in children, adults and elderly
Developing resilience: role of hope, optimism, flow, and spirituality.

References:

- Adler, R. B., & Proctor II, R.F. (2012). *Looking out/Looking in (14th ed.)*. Boston, USA: Wadsworth Cengage Learning
- Haddon, P. F. (1999). *Mastering Personal and Interpersonal Skills*. London: Thorogood
- Weiten, W. & Lloyd, M.A. (2006). *Psychology Applied to Modern Life: Adjustment in the 21st Century (8th ed.)*. Belmont, CA: Thomson Wadsworth.



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Applied Psychology
Psychological Testing II (Semester II)
Skill Enhancement Course

Course Code: 24SEC202T
Credits: 02
Time of Exam: 2 Hrs.

Marks: 50
Internal: 15
External: 35

Note: The maximum time duration for attempting the paper will be of 2 hours. The examiner is required to set five questions in all. The first question will be compulsory consisting of five short questions covering the entire syllabus consisting of 3 marks each. In addition to those four more questions will be set, two questions from each unit. The students shall be required to attempt three questions in all selecting one question from each unit consisting of 10 marks each in addition to compulsory Question No. 1.

Course Learning Outcomes:

- Understanding of fundamentals of psychological tool development
- Understanding of applications of psychological tools in different areas
- Enable students to apply the psychometric tools in different settings

Unit-I

Characteristics of Standardized Psychological Tool
General steps of the construction
Sources of biases and ethical concerns in testing

Unit-II

Neuropsychological Assessment: Role of EEG, CAT, MRI, PET Scan.
Neuropsychological Battery: Bender Gestalt Test, Luria Nebraska Neuropsychological Battery

Psychological Testing II Lab

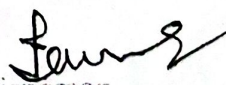
Course Code: 24SEC0202P
Credits: 01
Time of Exam: 02Hrs.

Marks: 25
Internal: 10
External: 15

1. Verbal test of intelligence
2. Adjustment
3. Personal Values
4. Observation (Speed and Accuracy)
5. Personality (EPQ-R)

References:

- Singh A.K. (2006). *Tests, Measurement and Research Methods in Behavioural Sciences* (5th Ed.). Bharati Bhavan.
- Aiken, L.R. (1994). *Psychological Testing and Assessment*. Boston: Allyn and Bacon.
- Anastasi, A., & Urbina, S (1997). *Psychological Testing. (7th edition)* upper saddle River (NJ): Prentice Hall.
- Freeman, F.S. (1974). *Theory and practice of psychological testing*. New Delhi: Oxford and IBH.


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Applied Psychology
Character Strengths and Human Values (Semester I/II)
Value Added Course*

Course Code: 24VAC0107T

Credits: 02

Time of Exam: 02 Hrs.

Marks: 50
Internal: 15
External: 35

Note: The maximum time duration for attempting the paper will be of 2 hours. The examiner is required to set five questions in all. The first question will be compulsory consisting of five short questions covering the entire syllabus consisting of 3 marks each. In addition to those four more questions will be set, two questions from each unit. The students shall be required to attempt three questions in all selecting one question from each unit consisting of 10 marks each in addition to compulsory Question No. 1.

Course Learning Outcomes:

- Understand the core character strengths and human values with their implications and applications
- Develop and nurture character strengths and values for personal growth

Unit-I

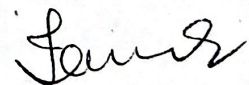
Character strengths and virtues: concept and classification
Assessment and nurturance of character strengths
Barriers in developing character strengths

Unit – II

Wisdom: as a foundational strength and virtue
Definition and assessment
SOC model of effective life management
Courage as universal virtue
Nurturing and developing the virtue and strengths of courage

References:

- Baumgardner, S. R., & Crothers, M. K. (2009). *Positive psychology*. Prentice Hall/Pearson Education.
- Carr, A. (2011). *Positive psychology: The science of happiness and human strengths*. Routledge.
- Snyder, C.R, Lopez, S.J. & Jenifer T. Pedrotti (2010). *Positive Psychology: The Scientific & Practical exploration of human strengths*. New Delhi: Sage Publications





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Scheme of Examination for Integrated Five Years Programme
[UG Four Years Programme (Single Major) + PG One Year Programme]

Name of the Programme: Integrated B.Sc. (Hons/Hons with Research)-M.Sc. Psychology
According to National Education Policy-2020

SECOND YEAR

SEMESTER-III								
Type of Course	Course Code	Nomenclature of Paper/Course	Credits	Contact Hours	Internal Marks	External Marks	Total Marks	Duration of Exam (Hrs)
Discipline Specific Course	24PSY0301T	Social Psychology-II	3	3	20	50	70	2.5
	24PSY0301P	Social Psychology-II Lab	1	2	10	20	30	2
Discipline Specific Course	24PSY0302T	Psychology of Individual differences	3	3	20	50	70	2.5
	24PSY0302P	Psychology of Individual differences Lab	1	2	10	20	30	2
Minor Course/ Vocational Course		To be opted from the pool	4	4	30	70	100	3
Multidisciplinary Course		To be opted from the pool	3	3	25	50	75	2.5
Ability Enhancement Course		To be opted from the pool	2	2	15	35	50	2
Skill Enhancement Course		To be opted from the pool	2	2	15	35	50	2
		To be opted from the pool	1	2	10	15	25	2
Value Added Course		To be opted from the pool	2	2	15	35	50	2
			22	25	170	380	550	

SEMESTER-IV								
Type of Course	Course Code	Nomenclature of Paper/Course	Credits	Contact Hours	Internal Marks	External Marks	Total Marks	Duration of Exam (Hrs)
Discipline Specific Course	24PSY0401T	Cognitive Psychology	4	4	30	70	100	3
	24PSY0402T	Basics of Research & Statistics	4	4	30	70	100	3
	24PSY0403T	Life Span Development	4	4	30	70	100	3
	24PSY0404P	Psychology Lab-IV	4	8	30	70	100	3
Minor Course/ Vocational Course		To be opted from the pool	2	2	15	35	50	2
		To be opted from the pool	2	4	15	35	50	2
Ability Enhancement Course		To be opted from the pool	2	2	15	35	50	2
Value Added Course		To be opted from the pool	2	2	15	35	50	2
			24	30	180	420	600	

COURSES OFFERS FOR THE POOLS (MIC, MIN MDC, SEC, AEC AND VAC)

SEMESTER-III								
Type of Course	Course Code	Nomenclature of Paper/Course	Credits	Contact Hours	Internal Marks	External Marks	Total Marks	Duration of Exam (Hrs)
Minor Course/ Vocational Course	24MIC0301T	Social Psychology	4	4	30	70	100	3
Multidisciplinary Course	24MDC0302T	Positivism, happiness and well-being	3	3	25	50	75	2.5
Skill Enhancement Course	24SEC0302T	Psychological Testing-III	2	2	15	35	50	2
	24SEC0302P	Psychological Testing-III Lab	1	2	10	15	25	2
Value Added Course	24VAC0307T	Psychology of Happiness and well-being	2	2	15	35	50	2

COURSES OFFERS FOR THE POOLS (MIC, MIN MDC, SEC, AEC AND VAC)

SEMESTER-IV								
Type of Course	Course Code	Nomenclature of Paper/Course	Credits	Contact Hours	Internal Marks	External Marks	Total Marks	Duration of Exam (Hrs)
Minor Course/ Vocational Course	24VOC0401T	Personality and Personality Assessment	2	2	15	35	50	2
	24VOC0401P	Personality and Personality Assessment Lab	2	4	15	35	50	3
Value Added Course	24VAC0307T	Psychology of Happiness and well-being	2	2	15	35	50	2

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Applied Psychology
Social Psychology-II (Semester III)
Discipline Specific Course (DSC)

Course Code: 24PSY0301T

Credits: 03

Time of Exam: 2.5 Hrs

Marks: 70

Internal: 20

External: 50

Note: The maximum time duration for attempting the paper will be of 2.5 hours. The examiner is required to set seven questions in all. The first question will be compulsory consisting of five short questions covering the entire syllabus consisting of 2.5 marks each. In addition to that six more questions will be set, two questions from each unit. The students shall be required to attempt four questions in all selecting one question from each unit in addition to compulsory Question No. 1. All questions shall carry equal marks i.e. 12.5 marks.

Course Learning Outcomes:

- Understanding of impression formation and human emotions
- Demonstrate the methodological approaches to study Groups, aggressive behaviour and social influences.
- Comprehensive understanding of violence, obedience and compliance.

Unit-I

Impression formation, Interpersonal attraction, Love, Rejection, Relationship Maintenance

Unit-II

Groups: Formation, Functions, Classification, Group cohesiveness, Group effectiveness. Social influence: Conformity, compliance, obedience to authority.

Unit - III

Aggression: Nature, causes, control.

Violence: Causes and Interventions. Family Violence. Intimate Partner Violence.

Social Psychology - II Lab

Course Code: 24PSY0301P

Credits: 01

Time of Exam: 02 Hrs.

Marks: 30

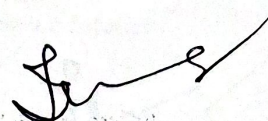
Internal: 10

External: 20

1. Relationship Quality
2. Social Conformity
3. Parent Child Relationship
4. Aggression
5. Domestic Violence

References:

- Abelson, R. P., Frey, K. P., & Gregg, A. P. (2014). Experiments with people: Revelations from social psychology. Psychology Press.
- Aronson, E. (1995). The social Animal New York: Freeman.
- Krahé, B. (2020). *The social psychology of aggression*. Routledge
- Lippa, R.A. (1990). Introduction to Social Psychology. Belmont: Wadsworth.
- Misra, G. (1988). Applied Social Psychology in India, New Delhi: Sage.
- Gross, R., & McIlveen, R. (2016). Social psychology. Routledge.
- Riggio, R. E., & Friedman, H. S. (1986). Impression formation: The role of expressive behavior. *Journal of personality and social psychology*, 50(2), 421
- Stég, L., Keizer, K., Buunk, A. P., & Rothengatter, T. (Eds.). (2017). Applied social psychology. Cambridge University Press.
- Thibaut, J. W. (2017). *The social psychology of groups*. Routledge
- Warburton, W. A., & Anderson, C. A. (2015). Aggression, social psychology of. *International encyclopedia of the social & behavioral sciences*, 1, 373-380



Applied Psychology
Psychology of Individual Differences (Semester III)
Discipline Specific Course (DSC)

Course Code: 24PSY0302T

Credits: 03

Time of Exam: 2.5 Hrs

Marks: 70

Internal: 20

External: 50

Note: The maximum time duration for attempting the paper will be of 2.5 hours. The examiner is required to set seven questions in all. The first question will be compulsory consisting of five short questions covering the entire syllabus consisting of 2.5 marks each. In addition to that six more questions will be set, two questions from each unit. The students shall be required to attempt four questions in all selecting one question from each unit in addition to compulsory Question No. 1. All questions shall carry equal marks i.e., 12.5 marks.

Course Learning Outcomes:

- Understanding the concept and importance of individual differences.
- Gaining knowledge of personality and intelligence theories and their applications.
- Analysing the role of culture and gender in individual differences

Unit-I

Concept and nature of Individual differences

Definition and Types

Historical Perspective: Nature vs Nurture

Factors influencing Individual differences: Biological, Psychological, Social

Applications of Understanding Individual Differences:

Unit-II

Individual differences of Personality

Nature and Overview of personality

Theoretical Approaches to Personality: Type and Trait Approaches

Temperament: Nature and types

Factors affecting Temperament

Unit – III

Individual Differences of Intelligence

Nature and Overview of Intelligence

Theoretical Approaches to Intelligence: Spearman two factor theory, Gardner multiple intelligences, Sternberg Triarchic Theory

Genetic and Environmental Influences on Intelligence

Course Code: 24PSY0302P

Credits: 01

Time of Exam: 02Hrs

1. Personality
2. Temperament
3. Intelligence
4. Job Satisfaction
5. School Environment Inventory

Psychology of Individual Differences Lab

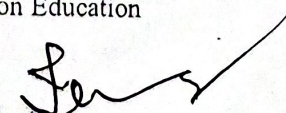
Marks: 30

Internal: 10

External: 20

References:

- Chaplin, T. & Kraweic, T.S. (1979). *Systems and Theories of psychology*. Holt Rinehart & Winston.
- Hergenhahn, B. R., & Henley, T. (2013). *An introduction to the history of psychology*. Cengage Learning.
- Hothersall, D. (1995). *History of psychology*. Ohio: McGraw Hill International.
- Marx, M.H. & Cronan-Hillix, W.A. (1987). *Systems and Theories in psychology*. New York. McGraw Hill International Editions.
- Morgan, C. T., King, R. A., Weisz, J. R., & Schopler, J. (1999). *Introduction to Psychology*. New Delhi. Tata McGraw Hill.
- Baron, R. A. & Misra, G. (2014). *Psychology*. Indian Subcontinent Edition. Pearson Education.
- Ciccarelli, S. K., & Meyer, G. E. (2010). *Psychology, South Asian Edition*. New Delhi: Pearson Education


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Applied Psychology
Social Psychology (Semester III)
Minor Course (MIC)

Course Code: 24MIC0301T

Credits: 04

Time of Exam: 3 Hrs.

Marks: 100

Internal: 30

External: 70

Note: The maximum time duration for attempting the paper will be of 3 hours. The examiner is required to set nine questions in all. The first question will be compulsory consisting of seven short questions covering the entire syllabus consisting of 2 marks each. In addition to those eight more questions will be set, two questions from each unit. The students shall be required to attempt five questions in all selecting one question from each unit in addition to compulsory Question No. 1. All questions shall carry equal marks.

Course Learning Outcomes:

- Understand core concepts of social psychology, including self, attitudes, and behaviour.
- Analyze influences on pro-social behaviour, conformity, and stereotypes.
- Examine leadership and aggression, and strategies to reduce aggression.

Unit-I

Nature and Scope of Social Psychology, Socialization, Development of self
Attitudes: Nature, theories, formation and attitude change

Unit-II

Altruism and pro social behavior, factors affecting Altruism, enhancing pro social behavior
Conformity, prejudice and stereotypes.

Unit-III

Leadership: meaning and nature of leadership, characteristics of a good leader, types of leadership, functions of leader

Unit-IV

Aggression: meaning and nature of aggression, types of aggression,
Factors provoking aggression and violence, measures of preventing and reducing aggression

References:

- Baron, R. A., Branscombe, N. R., & Byrne, D. (2008). Social psychology (12th ed.). Pearson/Allyn and Bacon
- Aronson, E., Wilson, T. D., & Akert, R. M. (2018). Social psychology (10th ed.). Pearson.
- Myers, D. G., & Twenge, J. M. (2019). Social psychology (13th ed.). McGraw-Hill.



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Applied Psychology
Positivism, Happiness and Well-being (Semester III)
Multidisciplinary Course (MDC)

Course Code: 24MDC0302T

Credits: 03

Time of Exam: 2.5 Hrs.

Marks: 75

Internal: 25

External: 50

Note: The maximum time duration for attempting the paper will be of 2.5 hours. The examiner is required to set seven questions in all. The first question will be compulsory consisting of five short questions covering the entire syllabus consisting of 2.5 marks each. In addition to that six more questions will be set, two questions from each unit. The students shall be required to attempt four questions in all selecting one question from each unit in addition to compulsory Question No. 1. All questions shall carry equal marks i.e. 12.5 marks.

Course Learning Outcomes:

- Understand and application of positive emotions
- Foster happiness and well-being for enhancement of life

Unit-I

Positive Psychology: Assumptions, Goals, Negativism to positivism

Pillars of Positive Psychology

Me/We balance, eastern and western perspective

Unit – II

Happiness: hedonic and eudaimonic; Measures of happiness, Pursuit of Happiness

Components and Correlates of happiness, Enhancing Happiness

Unit –III

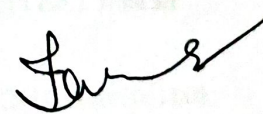
Positive Emotions: Importance, Enhancing and managing positive emotions

Well-being: Psychological well-being, Social well-being, Subjective well-being

Well-being enhancement strategies- gratitude, Hope, Forgiveness, Role of Positive Approaches

References:

- Baumgardner, S. R., & Crothers, M. K. (2009). Positive Psychology. Pearson Education, India.
- Pedrotti, J. T., Lopez, S. J., McDermott, R. C., & Snyder, C. R. (2024). Positive psychology: The scientific and practical explorations of human strengths. SAGE Publications.
- Seligman, M. E. (2002). Authentic happiness: Using the new positive psychology to realize your potential for lasting fulfilment. Simon and Schuster.
- Seligman, M. E., & Csikszentmihalyi, M. (2000). Positive psychology: An introduction (Vol. 55, No. 1). American Psychological Association.
- Snyder, C. R., Lopez, S. J., Edwards, L. M., & Marques, S. C. (Eds.). (2020). The Oxford Handbook of positive Psychology. Oxford university press.



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Applied Psychology
Psychological Testing –III (Semester III)
Skill Enhancement Course (SEC)

Course Code: 24SEC0302T

Credits: 02

Time of Exam: 2 Hrs.

Marks: 50
Internal: 15
External: 35

Note: The maximum time duration for attempting the paper will be of 2 hours. The examiner is required to set five questions in all. The first question will be compulsory consisting of five short questions covering the entire syllabus consisting of 3 marks each. In addition to those four more questions will be set, two questions from each unit. The students shall be required to attempt three questions in all selecting one question from each unit consisting of 10 marks each in addition to compulsory Question No. 1.

Course Learning Outcomes:

- Understanding of fundamentals of psychological tools for the assessment of intelligence, aptitude and interest development
- Become familiar with psychological tools applied/ used for the assessment of intelligence, aptitude and interest development
- Enable students to apply the psychometric tools in different settings

Unit-I

Intelligence: Definition, Nature, Factors determining Intelligence

Unit-II

Aptitude: Definition, Nature, Relation between Aptitude and Intelligence

Psychological Testing –III Lab

Course Code: 24SEC0302P

Credits: 01

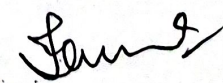
Time of Exam: 2 Hrs

Marks: 25
Internal: 10
External: 15

1. Bhatia Battery
2. WAIS
3. Attitude Assessment
4. Interest
5. Self-Concept

References:

- Singh A.K. (2006). *Tests, Measurement and Research Methods in Behavioural Sciences* (5th Ed.). Bharati Bhavan.
- Aiken, L.R. (1994). *Psychological Testing and Assessment*. Boston: Allyn and Bacon.
- Anastasi, A., & Urbina, S (1997). *Psychological Testing. (7th edition)* upper saddle River (NJ): Prentice Hall.
- Freeman, F.S. (1974). *Theory and practice of psychological testing*. New Delhi: Oxford and IBH.


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Psychology
Psychology of Happiness and Well-being (Semester III/IV)
Value Added Course (VAC)

Course Code: 24VAC0307T
Credit: 2
Exam Time: 2 Hrs.

External Marks: 35
Internal Marks: 15
Total Marks: 50

Note: The maximum time duration for attempting the paper will be of 2 hours. The examiner is required to set five questions in all. The first question will be compulsory consisting of five short questions covering the entire syllabus consisting of 3 marks each. In addition to that four more questions will be set, two questions from each unit. The students shall be required to attempt three questions in all selecting one question from each unit consisting of 10 marks each in addition to compulsory Question No. 1.

Course Learning Outcomes:

- Analyze the impact of stress on various body systems.
- Evaluate personal factors affecting well-being
- Apply interventions for enhancing happiness and well-being

Unit-I

The concept of well-being: Hedonic and eudaimonic views, nature and dimensions of well-being.
Happiness and Positive Emotions: Hope, Gratitude, Forgiveness and Self-efficacy.

Unit-II

Personal factors and well-being: The role of emotional intelligence, resilience, empathy and pro-social behavior. Wellbeing at workplace.

Happiness: Assessment and Interventions, Oxford Happiness Scale (Hills and Argyle, 2002),
Psychological well-being scale (Ryff and Keyes, 1995).

Mindfulness-Based Interventions in happiness & wellbeing. Stress coping and wellbeing.

References:

1. Seligman, M. E. (2002). Authentic happiness: Using the new positive psychology to realize your potential for lasting fulfillment. Simon and Schuster.
2. Baumgardner, S. R. (2015). Positive psychology. Pearson Education India.
3. Ryff, C. D., & Singer, B. H. (Eds.). (2001). Emotion, social relationships, and health. Oxford University Press.
4. Zinn, J. K. (2017). Mindfulness for Beginners, Jaico Publishing House.



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Applied Psychology
Cognitive Psychology (Semester IV)
Discipline Specific Course (DSC)

Course Code: 24PSY0401T

Credits: 04

Time of Exam: 03 Hrs.

Marks: 100

Internal: 30

External: 70

Note: The maximum time duration for attempting the paper will be of 3 hours. The examiner is required to set nine questions in all. The first question will be compulsory consisting of seven short questions covering the entire syllabus consisting of 2 marks each. In addition to those eight more questions will be set, two questions from each unit. The students shall be required to attempt five questions in all selecting one question from each unit in addition to compulsory Question No. 1. All questions shall carry equal marks.

Course Learning Outcomes:

- Understanding the foundational concepts and approaches in cognitive psychology.
- Analysing key cognitive processes like attention, perception, and memory.
- Evaluating theories and models related to problem-solving and decision-making.
- Exploring the cognitive aspects of language and development.

Unit-I

Introduction to Cognitive Psychology

Current status & scope

Historical background and origins

Approaches to cognitive psychology: Information processing, connectionist models, ecological approaches

Unit-II

Attention and Perception

Nature of attention: Types and models

Selective attention, divided attention, and sustained attention

Perceptual processes: Bottom-up and top-down processing

Theories and models of perception

Unit – III

Memory

Types of memory: Sensory, short-term, long-term

Models of memory: multi-store model, Working memory model

Processes of memory: Encoding, storage, retrieval

Factors affecting memory: Forgetting and memory distortions

Unit- IV

Higher Cognitive Processes

Problem-solving: Types and strategies

Decision-making: Models and heuristics

Language: Structure and functions, theories of language development

References:

- Goldstein, E. B. (2018). Cognitive Psychology: Connecting Mind, Research, and Everyday Experience (5th Ed.). Cengage Learning.
- Sternberg, R. J. (2016). Cognitive Psychology (7th Ed.). Cengage Learning.
- Eysenck, M. W., & Keane, M. T. (2015). Cognitive Psychology: A Student's Handbook (7th Ed.). Psychology Press.
- Matlin, M. W. (2013). Cognition (8th Ed.). Wiley.
- King, D.B., Viney, W. & Woody, W.D. (2008). *A History of Psychology: Ideas and Context (4th Ed.)*. London, UK: Pearson Education.
- Anderson, J. R. (2015). Cognitive Psychology and Its Implications (8th Ed.). Worth Publishers.
- Kellogg, R. T. (2011). Fundamentals of Cognitive Psychology (2nd Ed.). Sage Publications.



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Applied Psychology
Basics of Research and Statistics (Semester IV)
Discipline Specific Course (DSC)

Course Code: 24PSY0402T

Credits: 04

Time of Exam: 03 Hrs

Marks: 100

Internal: 30

External: 70

Note: The maximum time duration for attempting the paper will be of 3 hours. The examiner is required to set nine questions in all. The first question will be compulsory consisting of seven short questions covering the entire syllabus consisting of 2 marks each. In addition to those eight more questions will be set, two questions from each unit. The students shall be required to attempt five questions in all selecting one question from each unit in addition to compulsory Question No. 1. All questions shall carry equal marks.

Course Learning Outcomes:

- Understanding of fundamentals of research and statistics in psychology.
- Understanding of applications of research and statistics in psychological studies.

Unit-I

Research nature, purpose, principal and applications.

Types of research and steps of research process.

Research problem, sources of research problem and steps in the formulation of a research problem.

Unit-II

Variable nature and types.

Hypothesis nature characteristics and types of hypotheses.

Unit – III

Meaning and nature of statistics.

Types and applications of statistics.

Measures of central tendency: Mean, Median and Mode.

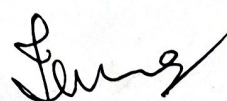
Unit- IV

NPC: characteristics and applications.

Measures of variability: Rang, Quartile deviation, Average deviation and Standard deviation.

References:

- Singh A.K. (2006). *Tests, Measurement and Research Methods in Behavioural Sciences* (5th Ed.). Bharati Bhavan.
- Garrett H.E, (2005). *Statistics in psychology and education*. Raragon international publisher.
- Anastasi, A., & Urbina, S (1997). *Psychological Testing. (7th edition)* upper saddle River (NJ): Prentice Hall.
- Mangal S.K. (2002). *Statistics in psychology and education. Prentice Hall india learning private Limited: 2nd edition.*
- Aron A., Coups E.J., Aron E.N. (2020). *Statistics for psychology. (6th edition)* Pearson education.


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Applied Psychology
Life Span Development (Semester IV)
Discipline Specific Course (DSC)

Course Code: 24PSY0403T

Credits: 04

Time of Exam: 03 Hrs.

Marks: 100

Internal: 30

External: 70

Note: The maximum time duration for attempting the paper will be of 3 hours. The examiner is required to set nine questions in all. The first question will be compulsory consisting of seven short questions covering the entire syllabus consisting of 2 marks each. In addition to those eight more questions will be set, two questions from each unit. The students shall be required to attempt five questions in all selecting one question from each unit in addition to compulsory Question No. 1. All questions shall carry equal marks.

Course Learning Outcomes:

- Understand the concept and process of development throughout the life span
- To impart understanding and to comprehend the continuity and change from conception to death and the interaction of biological, psychological and social aspects of development
- Identify key developmental milestones and stages

Unit-I

Life Span perspective: Characteristics, Nature of Development, Methods to study life span development
Prenatal development: stages, factors affecting and hazards,
Neonate: Characteristics, adjustment and hazards

Unit – II

Childhood: Sensory, Perceptual and Motor development
Adolescence: Physical and Psychological development, Cognitive Development: Piaget and Vygotsky; Socio-emotional Development: Kohlberg's Approach to moral Development
Factors affecting Development during childhood and adolescence, Issues and Challenges

Unit –III

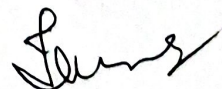
Adulthood: Factors affecting Development; Physical, Psychological, Socio-emotional Development, Issues and Challenges

Unit-IV

Late Adulthood: Factors affecting Development; Physical, Psychological, Socio-emotional Development, Issues and Challenges-Aging, Death and dying, Grief

References:

- Berk, L. (2010). *Child development*. Prentice Hall of India.
- Mitchell, P. and Ziegler, F. (2007). *Fundamentals of Development: The Psychology of Childhood*. Psychology Press.
- Feldman, R.S. & Babu. N. (2011). *Discovering the Lifespan*. Pearson.
- Papalia, D. E., Olds, S.W. & Feldman, R.D. (2006). *Human Development* (9th Ed.). McGraw Hill.
- Santrock, J.W. (2012). *Life Span Development* (13th Ed.). McGraw Hill



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Applied Psychology
Psychology Lab-IV (Semester IV)
Discipline Specific Course (DSC)

Course Code: 24PSY0404P

Credits: 04

Time of Exam: 03 Hrs.

Marks: 100

Internal: 30

External: 70

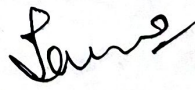
Note: Fifteen experiments/tests are to be conducted. The students will be required to perform two experiment/test in the examination, which would be assigned on the lottery basis. It would be mandatory to submit a practical record book duly signed by the supervising teacher at the time of practical examination.

Course Learning Outcomes:

- Enable students to apply the psychometric tools in different settings

List of Practical

Motivation
NEO-FFI
MBTI
Mental Health
LTM
Concept Formation
Retroactive and Proactive Inhibition
Parenting Styles
Family Environment
Adjustment
DST
Seguin form Board Test
Parent child relationship
Children Thematic Apperception Test
Computation Of Measures of Central Tendency By SPSS
Computation Of Correlation By SPSS


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Applied Psychology
Personality and Personality Assessment (Semester IV)
Minor Course/ Vocational Course (VOC)

Course Code: 24VOC0401T

Credits: 02

Time of Exam: 2 Hrs.

Marks: 50

Internal: 15

External: 35

Note: The maximum time duration for attempting the paper will be of 2 hours. The examiner is required to set five questions in all. The first question will be compulsory consisting of five short questions covering the entire syllabus consisting of 3 marks each. In addition to those four more questions will be set, two questions from each unit. The students shall be required to attempt three questions in all selecting one question from each unit consisting of 10 marks each in addition to compulsory Question No. 1.

Course Learning Outcomes:

- Analyze major theories of personality and apply them to understand individual differences.
- Evaluate the role of self-concept, self-esteem and self-efficacy in personal development.

Unit-I

Introduction to Personality and Self-Concept

Definition and historical perspectives of personality

Importance of understanding personality

Determinants of personality: Biological, psychological, and social factors

Self-concept: Components and development

Unit-II

Self-confidence, self-esteem, and self-efficacy: Definitions and enhancement techniques

Self-image and its impact on personality

Techniques for self-reflection and self-awareness

Personality and Personality Assessment Lab

Course Code: 24VOC0401P

Credits: 02

Time of Exam: 3 Hrs.

Marks: 50

Internal: 15


External: 35

List of Practical:

1. Myers-Briggs Type Indicator
2. Eysenck Personality Questionnaire
3. Neo FFI personality Inventory
4. Self-concept
5. Self-esteem

References:

- Baron, R.A & Misra, G.(2014). Psychology. New Delhi: Pearson Education.
- Ciccarelli, S.K., Meyer, G.E. & Misra, G. (2013). Psychology: South Asian Edition. New Delhi: Pearson Education.
- Singh. A. and Singh. U. (1984). Samanya Manovigyan. Bhiwani: VaidicPrakashan.
- Singh, A.K. (2009). Uchatar Samnya Manovigyan. Delhi: Moti Lal Banarsidas.



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THIRD YEAR

SEMESTER-V								
Type of Course	Course Code	Nomenclature of Paper/Course	Credits	Contact Hours	Internal Marks	External Marks	Total Marks	Duration of Exam (Hrs)
Discipline Specific Course	24PSY0501T	Psychopathology-I	4	4	30	70	100	3
	24PSY0502T	Psychology of Guidance	4	4	30	70	100	3
	24PSY0503T	Health Psychology	4	4	30	70	100	3
	24PSY0504P	Psychology Lab-II	4	8	30	70	100	3
Minor Course/ Vocational Course		To be opted from the pool	2	2	15	35	50	2
		To be opted from the pool	2	4	15	35	50	3
Internship			4	8hrs/week		100	100	3
			24	34	150	450	600	

SEMESTER-VI								
Type of Course	Course Code	Nomenclature of Paper/Course	Credits	Contact Hours	Internal Marks	External Marks	Total Marks	Duration of Exam (Hrs)
Discipline Specific Course	24PSY0601T	Psychopathology-II	4	4	30	70	100	3
	24PSY0602T	Counselling Psychology	4	4	30	70	100	3
	24PSY0603T	Positive Psychology	4	4	30	70	100	3
	24PSY0604P	Psychology Lab-III	4	8	30	70	100	3
Minor Course/ Vocational Course		To be opted from the pool	2	2	15	35	50	2
			2	4	15	35	50	3
Skill Enhancement Course		To be opted from the pool	2	4	15	35	50	2
			22	30	165	385	550	

COURSES OFFERED FOR THE POOLS (MIC, MIN MDC, SEC, AEC AND VAC)

SEMESTER-V								
Type of Course	Course Code	Nomenclature of Paper/Course	Credits	Contact Hours	Internal Marks	External Marks	Total Marks	Duration of Exam (Hrs)
Minor Course/ Vocational Course	24VOC0501T	Intelligence, Aptitude & Creativity	2	2	15	35	50	2
	24VOC0501P	Intelligence, Aptitude & Creativity Lab	2	4	15	35	50	3

COURSES OFFERED FOR THE POOLS (MIC, MIN MDC, SEC, AEC AND VAC)

SEMESTER-VI								
Type of Course	Course Code	Nomenclature of Paper/Course	Credits	Contact Hours	Internal Marks	External Marks	Total Marks	Duration of Exam (Hrs)
Minor Course/ Vocational Course	24VOC0601T	Cognitive Psychology	2	2	15	35	50	2
	24VOC0601P	Cognitive Psychology Lab	2	4	15	35	50	3
Skill Enhancement Course	24SEC0601T	Thinking, Creativity and Decision Making	2	2	15	35	50	2

Note: 4 Credits of internship earned by a student during summer internship after 2nd semester or 4th semester will be taken into account in 5th semester of a student who pursue three years UG program without taking exit option


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FOURTH YEAR

SEMESTER-VII								
Type of Course	Course Code	Nomenclature of Paper/Course	Credits	Contact Hours	Internal Marks	External Marks	Total Marks	Duration of Exam (Hrs)
Discipline Specific Course	24PSY0701T	Advance Statistics in Psychology -I	4	4	30	70	100	3
	24PSY0702T	Advance Research Methods in Psychology-I	4	4	30	70	100	3
	24PSY0703T	Psychometrics	4	4	30	70	100	3
	24PSY0704T	Indigenous Psychology	4	4	30	70	100	3
	24PSY0705P	Psychology Lab-IV	4	8	30	70	100	3
	24MIC0701T	Life Span Development	4	4	30	70	100	3
Minor Course/ Vocational Course			24	28	180	420	600	

SEMESTER-VIII								
Type of Course	Course Code	Nomenclature of Paper/Course	Credits	Contact Hours	Internal Marks	External Marks	Total Marks	Duration of Exam (Hrs)
Discipline Specific Course	24PSY0801T	Advance Statistics in Psychology -II	4	4	30	70	100	3
	24PSY0802T	Advance Research Methods in Psychology-II	4	4	30	70	100	3
	24PSY0803T	Synopsis Development & Thesis Report writing	4	4	30	70	100	3
	24PSY0804T	Contemporary Issues and Challenges in Psychology	4	4	30	70	100	3
	24PSY0805P	Psychology Lab-V	4	8	30	70	100	3
Minor Course/ Vocational Course	24MIC0801T	Psychopathology	4	4	30	70	100	3
			24	28	180	420	600	

Note: Bachelor of Science (Honours) in Psychology with 184 credits

OR

Fourth Year (Honours with Research Programme)

Discipline Specific Course	24PSY0801T	Advance Statistics in Psychology -II	4	4	30	70	100	3
	24PSY0802T	Advance Research Methods in Psychology-II	4	4	30	70	100	3
Minor Course/ Vocational Course	24MIC0801T	Psychopathology	4	4	30	70	100	3
Research Project/ Dissertation			12	1	120	300	300	
			24	16	90	510	600	

COURSES OFFERED FOR THE POOLS (MIC, MIN MDC, SEC, AEC AND VAC)

SEMESTER-VII								
Type of Course	Course Code	Nomenclature of Paper/Course	Credits	Contact Hours	Internal Marks	External Marks	Total Marks	Duration of Exam (Hrs)
Minor Course/ Vocational Course	24MIC0701T	Life Span Development	4	4	30	70	100	3

COURSES OFFERED FOR THE POOLS (MIC, MIN MDC, SEC, AEC AND VAC)

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SEMESTER-VIII								
Type of Course	Course Code	Nomenclature of Paper/Course	Credits	Contact Hours	Internal Marks	External Marks	Total Marks	Duration of Exam (Hrs)
Minor Course/ Vocational Course	24MIC0801T	Psychopathology	4	4	30	70	100	3

Note: Bachelor of Science (Honours with Research) in Psychology with 184 credits



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Applied Psychology
Psychopathology-I (Semester V)
Discipline Specific Course (DSC)

Course Code: 24PSY0501T

Credits: 04

Time of Exam: 03 Hrs.

Marks: 100

Internal: 30

External: 70

Note: The maximum time duration for attempting the paper will be of 3 hours. The examiner is required to set nine questions in all. The first question will be compulsory consisting of seven short questions covering the entire syllabus consisting of 2 marks each. In addition to those eight more questions will be set, two questions from each unit. The students shall be required to attempt five questions in all selecting one question from each unit in addition to compulsory Question No. 1. All questions shall carry equal marks.

Course Learning Outcomes:

- Understand the concept of abnormality from different theoretical perspectives.
- Understanding of assessment and diagnostic classification of pathological behaviour.
- develop understanding regarding various psychological disorders.

Unit-I

Abnormality: Nature, Differentiation from Normality and Criteria of abnormal behaviour.

Approaches to Psychopathology: Biological, Socio-Cultural, Psychodynamic, Behavioural, Cognitive and Humanistic Existential.

Unit – II

Classification of Psychopathology: Need for classification, ICD and DSM system of classification.

Assessment: Observation, Interview, Case History and Projective Techniques: Rorschach and Word Association Test.

Unit –III

Anxiety Based Disorders: Generalized Anxiety Disorder, Obsessive Compulsive Disorder and Phobic Disorders, PTSD. Clinical Patterns, Symptoms, and Causes of Neuro-developmental Disorders: Intellectual Disabilities, Autism Spectrum Disorder, ADHD.

Unit-IV


Neurocognitive disorders: Types, Clinical patterns, MMSE (Screening Test)

Substance-Use and Addictive Disorders: Alcohol-Related Disorders, Opioid, Cannabis, Sedatives, Stimulants, Hallucinogens Related Disorders.

Sexual Dysfunctions and Paraphilic Disorders

References:

- American Psychiatric Association, A. P., & American Psychiatric Association. (2013). Diagnostic and statistical manual of mental disorders: DSM-5 (Vol. 10). Washington, DC: American psychiatric association.
- Butcher, J. N., Mineka, S., & Hooley, J. M. (2017). Abnormal psychology. Pearson Education India.
- Comer, R.J. (2010) Abnormal Psychology (7th ed), Worth Publishers.
- Freeman, A., Felgoise, S.H. & Davis, D.D. (2008). Clinical Psychology: integrating science and practice, John Wiley & Sons.
- Hayes, S. C., & Hofmann, S. G. (Eds.). (2018). Process-based CBT: The science and core clinical competencies of cognitive-behavioral therapy. New Harbinger Publications.
- Jeffrey, S.N., Spencer, A.R., & Beverly, G. (2014) Abnormal Psychology in a changing world, Pearson Edu.
- Kring, A. M., & Johnson, S. L. (2018). Abnormal psychology: The science and treatment of psychological disorders. John Wiley & Sons.
- Trull, T.J. (2005) Clinical Psychology (7th ed.) Wadsworth Cengage learning.
- Wedding, D., & Corsini, R. J. (2013). Current psychotherapies. Cengage Learning.
- World Health Organization, (1992). The ICD -10 classifications of mental and behavioural disorders: clinical descriptions and diagnostic guidelines. WHO Press.
- World Health Organization. (2018). ICD-11 for mortality and morbidity statistics. Boland, R. J., Verduin, M. L., & Ruiz, P. (2022). Kaplan & Sadock's Synopsis of Psychiatry, 12th Edition


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Applied Psychology
Health Psychology (Semester V)
Discipline Specific Course (DSC)

Course Code: 24PSY0503T

Credits: 04

Time of Exam: 03 Hrs.

Marks: 100

Internal: 30

External: 70

Note: The maximum time duration for attempting the paper will be of 3 hours. The examiner is required to set nine questions in all. The first question will be compulsory consisting of seven short questions covering the entire syllabus consisting of 2 marks each. In addition to those eight more questions will be set, two questions from each unit. The students shall be required to attempt five questions in all selecting one question from each unit in addition to compulsory Question No. 1. All questions shall carry equal marks.

Course Learning Outcomes:

- Understanding health psychology and the relation between mind and body.
- Identifying the characteristics of healthy behaviours and promoting them.
- Understanding a variety of health enhancing behaviours and the importance of exercise, nutrition, safety and management of pain and stress.
- Developing an understanding of pursuing research in health psychology domains and developing interventions.

Unit-I

Introduction to Health Psychology: Nature, Goals of Health Psychology.

Mind and Body Relationship,

Components of Health: Physical, Social, Emotional and Cognitive.

Bio-Psychosocial Model of Health.

Unit – II

Behaviour and Health: Characteristics of Health Behaviour; Theories of Health Behaviour (Health –Belief Model, Theory of Planned Behaviour, Stages of Change Model)

Health Compromising Behaviors: Drug abuse, Alcohol use, Smoking, Diet, Sedentary life style.

Health-Related Disorder, C.H.D. (coronary heart disease), Cancer, Diabetes, A.I.D.S./ HIV.

Unit –III

Health Promotion and Management: Exercise, nutrition, Indian Healing Techniques (Ayurveda, Traditional Healing), Stress, Nature, Sources and Effects. Managing Stress: Factors Affecting the ability to cope, yogic meditation, Mindfulness, Bio-feedback, Assertiveness training.


Unit-IV

Pain- Concept, causes, physiology of pain, social factors in experiencing pain, treating pain.

Disease Prevention – Biological, sociocultural, Psychological and spiritually oriented intervention.

References:

- Dalal, A.K. (2016). Cultural Psychology of Health in India. Delhi: Sage.
- DiMatteo, M. R., & Martin L. R. (2011). Health Psychology. Noida: Dorling Kindersley.
- Marks, D.F., Murray, M., Evans, B., & Estacio, E.V.(2011). Health Psychology (3rd Edition). London: Sage.
- Sarafino, E.P., & Smith, T.W. (2016). Health Psychology: Bi- psychosocial Interactions (9th Edition). New York: Wiley.
- Taylor, S.E. (2017). Health Psychology (10th Edition). Delhi: Tata McGraw Hill.
- Allen, F. (2011). Health Psychology and Behaviour. Delhi: Tata McGraw Hill. Misra, G. (1999).


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**Applied Psychology
Psychology Lab-II (Semester V)
Discipline Specific Course (DSC)**

Course Code: 24PSY0504P

Credits: 04

Time of Exam: 03 Hrs.

Marks: 100

Internal: 30

External: 70

Note: Fifteen experiments/tests are to be conducted. The students will be required to perform two experiment/test in the examination, which would be assigned on the lottery basis. It would be mandatory to submit a practical record book duly signed by the supervising teacher at the time of practical examination.

Course Learning Outcomes:

- Enable students to apply the psychometric tools in different settings

List of Practical

Case History
Interview
Observation
Mini-Mental Status Examination
TAT
WAT
Guidance Needs Inventory
Interest
Health Promoting Life Style Behaviour
Beck Anxiety Scale
State Trait Anxiety Scale
Peer Pressure
Bio-feedback
Assertive Training
Career Choices
Study Habit Inventory



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Applied Psychology
Intelligence, Aptitude and Creativity (Semester V)
Minor Course/ Vocational Course (VOC)

Course Code: 24VOC0501T

Credits: 02

Time of Exam: 2 Hrs.

Marks: 50

Internal: 15

External: 35

Note: The maximum time duration for attempting the paper will be of 2 hours. The examiner is required to set five questions in all. The first question will be compulsory consisting of five short questions covering the entire syllabus consisting of 3 marks each. In addition to those four more questions will be set, two questions from each unit. The students shall be required to attempt three questions in all selecting one question from each unit consisting of 10 marks each in addition to compulsory Question No. 1.

Course Learning Outcomes:

- Understanding of fundamentals of intelligence, aptitude and creativity
- Become familiar with psychological tools applied/ used for the assessment of intelligence, aptitude and creativity
- Enable students to apply the psychometric tools in different settings

Unit-I

Nature and Overview of Intelligence

Theoretical Approaches to Intelligence: Spearman two factor theory, Gardner multiple intelligences, Sternberg Triarchic Theory

Genetic and Environmental Influences on Intelligence

Unit-II

Aptitude: Definition, nature and Types of aptitude tests

Creativity: Definition, nature and factors affecting creativity, fostering creativity

Intelligence, Aptitude and Creativity Lab

Course Code: 24VOC0501P

Credits: 02

Time of Exam: 3 Hrs.

Marks: 50


Internal: 15

External: 35

1. Bhatia Battery
2. Verbal test of Intelligence
3. WAIS
4. Aptitude
5. Creativity

References:

- Baron, R.A & Misra, G.(2014). Psychology. New Delhi: Pearson Education.
- Ciccarelli, S.K., Meyer, G.E. & Misra, G. (2013). Psychology: South Asian Edition. New Delhi: Pearson Education.
- Singh. A. and Singh. U. (1984). Samanya Manovigyan. Bhiwani: Vaidic Prakashan.
- Singh, A.K. (2009). Uchatar Samnya Manovigyan. Delhi: Moti Lal Banarsidas.



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**Applied Psychology
Internship (Semester V)
Minor Course/ Vocational Course (VOC)**

Course Code:

Credits: 04


Time of Exam: 3 Hrs.

Marks: 100

External: 100

Course Learning Outcomes:

- Understand the in-depth knowledge of the practicalities of the field
- Acquaintance and acquisition of skill of guidance and counselling in different areas
- A student has to get approval from the chairperson of the department before going for an internship. The internship will involve working with local industry (government or private organization/institution), professional (individual/organization). A student has to complete the internship as per the NEP ordinance of the university. Student will submit the copy of the internship report in the department after completion of internship. A student must submit a certificate of attendance and work done report from the organization/professional where the internship was done. The evaluation of the internship shall be done by a committee comprising of at least two senior teachers appointed by the Chairperson of the Department. Marks will be awarded by the committee out of 100 marks on the basis of the report and viva-voce examination.


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Applied Psychology
Psychopathology-II (Semester VI)
Discipline Specific Course (DSC)

Course Code: 24PSY0601T

Credits: 04

Time of Exam: 03 Hrs.

Marks: 100

Internal: 30

External: 70

Note: The maximum time duration for attempting the paper will be of 3 hours. The examiner is required to set nine questions in all. The first question will be compulsory consisting of seven short questions covering the entire syllabus consisting of 2 marks each. In addition to those eight more questions will be set, two questions from each unit. The students shall be required to attempt five questions in all selecting one question from each unit in addition to compulsory Question No. 1. All questions shall carry equal marks.

Course Learning Outcomes:

- Understand the clinical picture and etiology of different psychological disorders.
- Understanding therapeutic aspect of different pathological behaviour.

Unit-I

Bipolar and Related Disorders: Bipolar Disorder: Manic Episode; Depressive Episode; Major Depressive Disorder (MDD), Persistent Depressive Disorder; Dysthymia and Cyclothymia.

Unit – II

Schizophrenia Spectrum and Other Psychotic Disorders: Delusional Disorder, Brief Psychotic Disorder, Schizophrenia, Schizoaffective Disorder.

Eating Disorders: Anorexia Nervosa, Bulimia Nervosa, etc.

Unit –III


Therapeutic Intervention: Biologically based therapies: Electro Convulsive Therapy; Psychosurgery; Pharmacological therapy. Ethical concerns in clinical settings

Unit-IV

Psychologically based therapies: Psychoanalytic; Behaviour; Cognitive and Humanistic.

References:

- American Psychiatric Association, A. P., & American Psychiatric Association. (2013). Diagnostic and statistical manual of mental disorders: DSM-5 (Vol. 10). Washington, DC: American psychiatric association.
- Butcher, J. N., Mineka, S., & Hooley, J. M. (2017). Abnormal psychology. Pearson Education India.
- Comer, R.J. (2010) Abnormal Psychology (7th ed), Worth Publishers.
- Freeman, A., Felgoise, S.H. & Davis, D.D. (2008). Clinical Psychology: integrating science and practice,
- Jeffrey, S.N., Spencer, A.R., & Beverly, G. (2014) Abnormal Psychology in a changing world, Pearson Edu.
- Kring, A. M., & Johnson, S. L. (2018). Abnormal psychology: The science and treatment of psychological disorders. John Wiley & Sons.
- Wedding, D., & Corsini, R. J. (2013). Current psychotherapies. Cengage Learning.
- Boland, R. J., Verduin, M. L., & Ruiz, P. (2022). Kaplan & Sadock's Synopsis of Psychiatry, 12th Edition
- World Health Organization. (2022). ICD-11: International classification of diseases (11th revision). <https://icd.who.int/>



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Applied Psychology
Counselling Psychology (Semester VI)
Discipline Specific Course (DSC)

Course Code: 24PSY0602T

Credits: 04

Time of Exam: 03 Hrs.

Marks: 100

Internal: 30

External: 70

Note: The maximum time duration for attempting the paper will be of 3 hours. The examiner is required to set nine questions in all. The first question will be compulsory consisting of seven short questions covering the entire syllabus consisting of 2 marks each. In addition to those eight more questions will be set, two questions from each unit. The students shall be required to attempt five questions in all selecting one question from each unit in addition to compulsory Question No. 1. All questions shall carry equal marks.

Course Learning Outcomes:

- Understanding of the process of counselling including need and role of counsellor.
- Understanding of different approaches of counselling.
- Familiarization with therapeutic techniques of counselling in different settings.
- Acquaintance with ethical and legal issues in counselling practice.

Unit-I

Counselling Nature, Need and Emergence of Counselling as a Profession. Skills, Training and Traditional Activities of Counsellor. Counselling Process: Establishing Structure, Therapeutic Environment and Strategy.

Unit – II

Counselling Skills: Listening and Attending Skills. Counselling Approaches: Directive, Non-Directive, and Eclectic. Assessment in Counselling: Meaning, Purpose, and Types of Assessment.

Unit –III


Counselling Techniques: Sensitivity Training, Transactional Analysis, Assertive Training, Relaxation Training, Mindfulness and Psychodrama. School and Community Counselling.

Unit-IV

Counselling Applications: Counselling for Parents and Children, Counselling for Special Populations- Substance Abusers, AIDS Patients, Abuse Victims, Women, Older Adults and Differentially Abled People. Ethical and Legal Issues in Counselling Practice.

References:

- Gelso, C. J. & Fretz, B.R. (2000). Counselling Psychology (2nd Ed.). London: Wadsworth.
- Gibson, R.L. (2005). Introduction to Counselling and Guidance. New Delhi: Pearson Education.
- Nystul, M.S. (2001). Introduction to Counselling, New Mexico State University: Allyn and Bacon.
- Palmer, S. & McMohan, G. (1997). Handbook of Counselling Psychology, London: British Association for Counselling.
- Pietrofesa, J.J. et al. (1978). Counselling: Theory, Research, and Practice. Chicago: Rand McNally.
- Rao S.N. (2001). Counselling Psychology. New Delhi: Tata Mc Graw-Hill.
- Shertzer, N. & Stone, S.C. (1971). Fundamentals of Counselling (2nd Ed.). Boston: Houghton Mifflin.
- Whiston, S.C. (2009). Principles and Applications of Assessment in Counselling (3rd Ed). NY: Cengage Learning.



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Applied Psychology
Positive Psychology (Semester VI)
Discipline Specific Course (DSC)

Course Code: 24PSY0603T

Credits: 04

Time of Exam: 03 Hrs.

Marks: 100

Internal: 30

External: 70

Note: The maximum time duration for attempting the paper will be of 3 hours. The examiner is required to set nine questions in all. The first question will be compulsory consisting of seven short questions covering the entire syllabus consisting of 2 marks each. In addition to those eight more questions will be set, two questions from each unit. The students shall be required to attempt five questions in all selecting one question from each unit in addition to compulsory Question No. 1. All questions shall carry equal marks.

Course Learning Outcomes:

- Appreciating and understanding the meaning and conceptual approaches to positive psychology.
- Being able to understand the how positive emotional states contribute to resilience, happiness, and wellbeing.
- Learning the various pathways through which cognitive states and processes influence self-efficacy, optimism and wellbeing.
- Being able to identify the applications of positive psychology.

Unit-I

Nature and Scope of positive psychology. Deconstruction of illness ideology,
Eastern and western perspectives on positive psychology. Benefits of studying positive psychology.
Classifications and Measures of Human Strengths and Positive Outcomes.

Unit – II

Emotions and positive psychology: Broaden-and-Build theory of Positive Emotions, Role of positive emotions, coping, flow, emotional intelligence.
Happiness and Well-being, Resilience.

Unit –III


Positive Cognitive States and Processes: Self-efficacy, Optimism, Hope, Wisdom, Flow, Mindfulness.
Positive psychology and forgiveness, creativity, gratitude and hope.

Unit-IV

Role of meaningfulness in life, Role of self-determination
Positive psychology in different spheres of life: family, school, work, and society.

References:

- Carr, A. (2013). Positive psychology: The science of happiness and human strengths. Routledge.
- Hefferon, K., & Boniwell, I. (2011). Positive psychology: Theory, research and applications. McGraw-Hill Education (UK).
- Joseph, S. (2015). Positive psychology in practice: Promoting human flourishing in work, health, education, and everyday life. John Wiley & Sons.
- Lopez, S. J., Pedrotti, J. T., & Snyder, C. R. (2018). Positive psychology: The scientific and practical explorations of human strengths. Sage Publications.
- Peterson, C. (2006). A primer in positive psychology. Oxford University Press.
- Snyder, C. R., & Lopez, S. J. (Eds.). (2009). Oxford handbook of positive psychology. Oxford library of psychology.
- Baumgardner, S.R. Crothers M.K. (2010). Positive psychology. Upper Saddle River, N.J.: Prentice Hall.
- Seligman, M.E.P. (2002). Authentic Happiness: Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment. New York: Free Press/Simon and Schuster.


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**Applied Psychology
Psychology Lab-III (Semester VI)
Discipline Specific Course (DSC)**

Course Code: 24PSY0604P

Credits: 04

Time of Exam: 03 Hrs.

Marks: 100

Internal: 30

External: 70

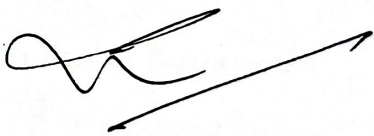
Note: Fifteen experiments/tests are to be conducted. The students will be required to perform two experiment/test in the examination, which would be assigned on the lottery basis. It would be mandatory to submit a practical record book duly signed by the supervising teacher at the time of practical examination.

Course Learning Outcomes:

- Enable students to apply the psychometric tools in different settings

List of Practical

Beck Depression Inventory
Body Image
Personal Values
VIA (Character Strengths)
Rorschach
Adjustment
DASS
Gratitude
Happiness
Psychological Well Being
Thought Diary
ADHD Test
GHQ
MMPI
Dementia Rating Scale
Eating Disorder Inventory/ Drug Attitude


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Applied Psychology
Cognitive Psychology (Semester VI)
Minor Course/ Vocational Course (VOC)

Course Code: 24VOC0601T

Credits: 02

Time of Exam: 2 Hrs.

Marks: 50

Internal: 15

External: 35

Note: The maximum time duration for attempting the paper will be of 2 hours. The examiner is required to set five questions in all. The first question will be compulsory consisting of five short questions covering the entire syllabus consisting of 3 marks each. Other than one compulsory question the students will be required to attempt two more question selecting at least one question from each unit.

Course Learning Outcomes:

- Understanding the concepts of thinking, problem solving and decision making
- Application of effective strategies while making decisions and solving problems

Unit-I

Thinking: Definition, nature, types of thinking

Problem solving: Concept, Types, Steps to problem solving, Strategies, barriers to effective problem solving

Unit-II

Decision making: making choices, factors affecting decision making, heuristics in judging probabilities, conjunction fallacy, the alternative outcomes effect

Cognitive Psychology Lab

Course Code: 24VOC0601P

Credits: 02

Time of Exam: 3 Hrs.

Marks: 50

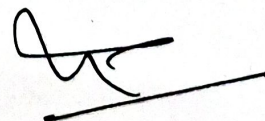
Internal: 15

External: 35

1. Thinking
2. Concept Formation
3. Problem Solving
4. Creativity
5. Decision Making Scale

References:

- Goldstein, E. B. (2018). Cognitive Psychology: Connecting Mind, Research, and Everyday Experience (5th Ed.). Cengage Learning.
- Sternberg, R. J. (2016). Cognitive Psychology (7th Ed.). Cengage Learning.
- Eysenck, M. W., & Keane, M. T. (2015). Cognitive Psychology: A Student's Handbook (7th Ed.). Psychology Press.
- Matlin, M. W. (2013). Cognition (8th Ed.). Wiley.
- King, D.B., Viney, W. & Woody, W.D. (2008). A History of Psychology: Ideas and Context (4th Ed.). London, UK: Pearson Education.
- Anderson, J. R. (2015). Cognitive Psychology and Its Implications (8th Ed.). Worth Publishers.
- Kellogg, R. T. (2011). Fundamentals of Cognitive Psychology (2nd Ed.). Sage Publications.



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Applied Psychology
Thinking, Creativity and Decision Making (Semester VI)
Skill Enhancement Course (SEC)

Course Code: 24SEC0601T

Credits: 02

Time of Exam: 2 Hrs.

Marks: 50

Internal: 15

External: 35

Note: The maximum time duration for attempting the paper will be of 2 hours. The examiner is required to set five questions in all. The first question will be compulsory consisting of five short questions covering the entire syllabus consisting of 3 marks each. Other than one compulsory question the students will be required to attempt two more question selecting at least one question from each unit.

Course Learning Outcomes:

- Understanding of fundamentals of thinking and creativity
- Become familiar with psychological tools applied/ used for the assessment of creativity.
- Enable students to apply strategies to foster creativity

Unit-I

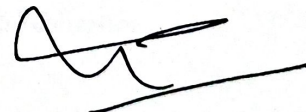
Thinking: Definition, nature, types of thinking
Concept Formation: Nature and Types

Unit-II

Creativity: Definition, types, Factors affecting creativity
Fostering Creativity
Decision Making: Process and Factors affecting decision making

References:

- Goldstein, E. B. (2018). Cognitive Psychology: Connecting Mind, Research, and Everyday Experience (5th Ed.). Cengage Learning.
- Sternberg, R. J. (2016). Cognitive Psychology (7th Ed.). Cengage Learning.
- Eysenck, M. W., & Keane, M. T. (2015). Cognitive Psychology: A Student's Handbook (7th Ed.). Psychology Press.
- Matlin, M. W. (2013). Cognition (8th Ed.). Wiley.
- King, D.B., Viney, W. & Woody, W.D. (2008). A History of Psychology: Ideas and Context (4th Ed.). London, UK: Pearson Education.
- Anderson, J. R. (2015). Cognitive Psychology and Its Implications (8th Ed.). Worth Publishers.
- Kellogg, R. T. (2011). Fundamentals of Cognitive Psychology (2nd Ed.). Sage Publications.



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Applied Psychology
Advanced Statistics in Psychology-I (Semester VII)
Discipline Specific Course (DSC)

Course Code: 24PSY0701T

Credits: 04

Time of Exam: 03 Hrs.

Marks: 100

Internal: 30

External: 70

Note: The maximum time duration for attempting the paper will be of 3 hours. The examiner is required to set nine questions in all. The first question will be compulsory consisting of seven short questions covering the entire syllabus consisting of 2 marks each. In addition to those eight more questions will be set, two questions from each unit. The students shall be required to attempt five questions in all selecting one question from each unit in addition to compulsory Question No. 1. All questions shall carry equal marks.

Course Learning Outcomes:

- Familiarization with the use of statistical methods in psychological research
- understanding of the statistical methods applied for quantitative research.
- application of the same in the psychological research

Unit-I

Correlation: Meaning and Methods: Rank order, product-moment, bi-serial, point bi-serial.

Unit – II

Advance Correlation Methods: Partial Correlation, Multiple correlations. Tetrachoric and Phi Coefficient.

Unit –III

Regression: Meaning, assumptions and applications.

Simple Regression and Multiple Regression

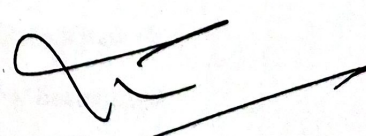
Unit-IV

ANOVA-Meaning, assumptions and Applications; One way and Two-way

One way ANOVA (Separate and Repeated measures), Two-way ANOVA (Repeated with One Factor)

References:

- Aron, A., Aron, E.N., & Coups, E.J. (2007). Statistics for Psychology (4th Ed.). Delhi: Prentice Hall of India.
- King, B.M. & Minium, E.W, (2007). Statistical Reasoning in the Behavioral Sciences (5th Ed.). Noida: Wiley.
- Mangal, S.K. (2012). Statistics in Psychology and Education (2nd Ed.). Delhi: Prentice Hall of India.
- Howitt, D and Cramer, D. (2011). Introduction to Statistics in Psychology. London, UK: Pearsons Education Ltd.
- Garrett, H.E (2005). Statistics in Psychology and Education. Delhi: Cosmo Publications.


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Applied Psychology
Advanced Research Methods in Psychology-I (Semester VII)
Discipline Specific Course (DSC)

Course Code: 24PSY0702T

Credits: 04

Time of Exam: 03 Hrs.

Marks: 100

Internal: 30

External: 70

Note: The maximum time duration for attempting the paper will be of 3 hours. The examiner is required to set nine questions in all. The first question will be compulsory consisting of seven short questions covering the entire syllabus consisting of 2 marks each. In addition to those eight more questions will be set, two questions from each unit. The students shall be required to attempt five questions in all selecting one question from each unit in addition to compulsory Question No. 1. All questions shall carry equal marks.

Course Learning Outcomes:

- Awareness of the research and ability to plan simple researches and state its requirements.
- Developing familiarity with techniques of sample selection
- Understanding the distinctive features of qualitative and quantitative research methods.
- Familiarize with the process and the methods of quantitative and qualitative psychological research traditions.

Unit-I

Psychological Research: Nature, Characteristics, and Criteria of good research. Research problem and Hypothesis.

Variables types and controlling techniques of extraneous variables.

Unit – II

Sampling: Meaning and need for sampling. Basic principles of sampling.
Probability and non-probability sampling techniques

Unit –III


Methods of data collection: Observation, Interview, Survey and Questionnaire
Paradigms of research: Quantitative: Experimental and Quasi-Experimental

Unit-IV

Qualitative: Field studies, Ex-post facto, Cross-Cultural Studies, Phenomenology, Grounded theory, Focus groups, Narratives, Case studies, Ethnography. Mixed research

References:

- Brota, K.D. (1989). Experimental Design in Behavioural Research. Wiley Eastern.
- Christensen, L. B.; Johnson, R. B. & Turner, L. A (2014). Research Methods, Design and Analysis. Pearson.
- Coolican, H. (2017). Research methods and statistics in psychology. Psychology Press.
- Guilford, J.P. (1981). Fundamental Statistics in Psychology and Education (6th Ed.). McGraw Hill.
- Kerlinger, N. (1996). Foundations of behavioural research. Prentice-Hall.
- Kothari, C.R. (reprint 2009). Research methodology: Methods and techniques. Wiley Eastern Ltd.
- McGuigan, F.J. (1997). Experimental Psychology: Methods of Research. Pearson
- Nunnally, J. (1978). Psychometrics Theory (2nd Ed.). McGraw-Hill.
- Shaghnessy, J. J. & Zechmeister, E.B. (1997). Research Methods in Psychology. Mc Graw Hill
- Singh A.K. (2006). Tests, Measurement and Research Methods in Behavioural Sciences (5th Ed.). Bharati Bhavan.
- Singh R., Shyam, R. & Gupta, L. (2015). Fundamental Statistics for Social Sciences. Intellectual Foundation.
- Zachmeister, J. E., Zachmeister, E.B., & Shaughnessy, J. I. (2009). Essentials of research methods in psychology. N.D.: Tata McGraw-Hill.


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Applied Psychology
Psychometrics (Semester VII)
Discipline Specific Course (DSC)

Course Code: 24PSY0703T

Credits: 04

Time of Exam: 03 Hrs.

Marks: 100

Internal: 30

External: 70

Note: The maximum time duration for attempting the paper will be of 3 hours. The examiner is required to set nine questions in all. The first question will be compulsory consisting of seven short questions covering the entire syllabus consisting of 2 marks each. In addition to those eight more questions will be set, two questions from each unit. The students shall be required to attempt five questions in all selecting one question from each unit in addition to compulsory Question No. 1. All questions shall carry equal marks.

Course Learning Outcomes:

- Understand the nature and levels of Psychological measurement.
- Use the different psychological scaling methods.
- Evaluate the Psychometric strengths and weaknesses of Psychological tests.
- Acquire knowledge regarding estimation of reliability and validity.

Unit-I

Psychological Tests: Nature, Characteristics, Types of test scores, Theory of test scores, Speed and power problems. Theory of measurement error: Domain sampling model, Model of parallel tests.

Unit – II

Test construction: Item Writing; Item Analysis; Construction of tests for special purposes: Tests for mastery learning, Tailored tests; Construction of attitude scales; Development of norms.

Unit –III


Reliability: Meaning, Classical test theory, Methods of estimate, Reliability of speed tests, Sources of unreliability.

Unit-IV

Validity: Meaning, Current views, Validation procedures, Factors affecting validity.

References:

- Anastasi, A. (1988). Psychological Testing (6th Ed.). New York: McMillan.
- Guilford, J.P. (1954) Psychometric Methods (2nd Ed.) New York: McGraw-Hill.
- Gulliksen, H. (1950). The Theory of Mental Tests. NY: John Wiley.
- Miller, L.A., McIntire, S.A., & Lovler, R.L. (2011). Foundations of Psychological Testing. Los Angeles: Sage.
- Nunnally, J. (1978). Psychometrics Theory (2nd Ed.). New York: McGraw-Hill.
- Singh, A.K. (1986). Tests, Measurements and Research Methods in Behavioral Sciences. New Delhi: Tata McGraw-Hill.


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Applied Psychology
Indigenous Psychology (Semester VII)
Discipline Specific Course (DSC)

Course Code: 24PSY0704T

Credits: 04

Time of Exam: 03 Hrs.

Marks: 100

Internal: 30

External: 70

Note: The maximum time duration for attempting the paper will be of 3 hours. The examiner is required to set nine questions in all. The first question will be compulsory consisting of seven short questions covering the entire syllabus consisting of 2 marks each. In addition to those eight more questions will be set, two questions from each unit. The students shall be required to attempt five questions in all selecting one question from each unit in addition to compulsory Question No. 1. All questions shall carry equal marks.

Course Learning Outcomes:

- Understanding of indigenous philosophy and its application in present scenario.
- Acquisition of indigenous philosophy and their application in transcendence and transformation of human persona

Unit-I

Nature of Indigenous psychology. Indian psychology and its contributions in the present scenario. Indian paradigms on psychological knowledge: Yoga, Bhagavad-Gita, Buddhism, and Sufism.

Unit – II

Indian perspective on self and identity. Concepts of health and illness in Ayurveda. Personality–implications of Yoga. Models of Personality in Buddhist Psychology.

Unit –III

Theories of motivation in the Indian context: Dharma, Artha, Kama and Moksha.

Indian perspective on emotion.


Potentials for transcendence and transformation. Higher states of consciousness. Characteristics of evolved human beings.

Unit-IV

Indigenous healing traditions in India. History of mental health practices in India. Key issues in the theory and practice of mental health in India. Characteristic features of traditional healing practices.

References:

- Basu, A.M. (2005). Historicizing Indian Psychiatry. Indian Journal of Psychiatry. 47, 126-129.
- Basu, A.R. (2005). Culture and mental health. Health Action, 18 (11), 7-8.
- Dalal, A.K & Misra, G. (eds.). (2002). New directions in Indian Psychology. New Delhi: Sage publications New Delhi concept publishing company.
- Kakar, S. (1982). Shamans, Mystics and Doctors. A Psychological Inquiry into India and its Healing Traditions. Delhi: Oxford University Press.
- Misra, G. (2003). Implications of culture for psychological knowledge .in J. W. Berry, R.C Mishra., & R.C Tripathi. (Eds). Psychology in human and social development. New Delhi: Sage publications
- Misra, G., & Mohanthy, A.k. (2002). Perspectives on Indigenous Psychology.
- Valsiner, J. (2007). Culture in minds and societies. Foundations of cultural Psychology New Delhi: Sage publications


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Applied Psychology
Psychology Lab-IV (Semester VII)
Discipline Specific Course (DSC)

Course Code: 24PSY0705P

Credits: 04

Time of Exam: 03 Hrs.

Marks: 100

Internal: 30

External: 70

Note: Fifteen experiments/tests are to be conducted. The students will be required to perform two experiment/test in the examination, which would be assigned on the lottery basis. It would be mandatory to submit a practical record book duly signed by the supervising teacher at the time of practical examination.

Course Learning Outcomes:

- Enable students to apply the psychometric tools in different settings

List of Practical

Anger Management

JPMR

Self-Esteem

JOHARI WINDOW

Emotional Intelligence

Spirituality

Neo-FFI

Resilience

Psychological Well Being

Motivation

Self-Efficacy

Computation of Correlation (Product Moment) in SPSS

Computation of Regression in SPSS

Computation of ANOVA in SPSS

Self-Control

Self-Expression



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Applied Psychology
Life Span Development (Semester VII)
Minor Course (MIC)

Course Code: 24MIC0701T

Credits: 04

Time of Exam: 03 Hrs.

Marks: 100

Internal: 30

External: 70

Note: The maximum time duration for attempting the paper will be of 3 hours. The examiner is required to set nine questions in all. The first question will be compulsory consisting of seven short questions covering the entire syllabus consisting of 2 marks each. In addition to those eight more questions will be set, two questions from each unit. The students shall be required to attempt five questions in all selecting one question from each unit in addition to compulsory Question No. 1. All questions shall carry equal marks.

Course Learning Outcomes:

- Understand the concept and process of development throughout the life span
- To impart understanding and to comprehend the continuity and change from conception to death and the interaction of biological, psychological and social aspects of development
- Identify key developmental milestones and stages

Unit-I

Life Span perspective: Characteristics, Nature of Development, Methods to study life span development
Prenatal development: stages, factors affecting and hazards,
Neonate: Characteristics, adjustment and hazards

Unit – II

Childhood: Sensory, Perceptual and Motor development
Adolescence: Physical and Psychological development, Cognitive Development: Piaget and Vygotsky; Socio-emotional Development: Kohlberg's Approach to moral Development
Factors affecting Development during childhood and adolescence, Issues and Challenges

Unit –III

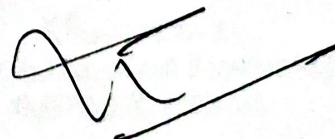
Adulthood: Factors affecting Development; Physical, Psychological, Socio-emotional Development, Issues and Challenges

Unit-IV

Late Adulthood: Factors affecting Development; Physical, Psychological, Socio-emotional Development, Issues and Challenges-Aging, Death and dying, Grief

References:

- Berk, L. (2010). Child development. Prentice Hall of India.
- Mitchell, P. and Ziegler, F. (2007). Fundamentals of Development: The Psychology of Childhood. Psychology Press.
- Feldman, R.S. & Babu. N. (2011). Discovering the Lifespan. Pearson.
- Papalia, D. E., Olds, S.W. & Feldman, R.D. (2006). Human Development (9th Ed.). McGraw Hill.
- Santrock, J.W. (2012). Life Span Development (13th Ed.). McGraw Hill



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Applied Psychology
Advanced Statistics in Psychology -II (Semester VIII)
Discipline Specific Course (DSC)

Course Code: 24PSY0801T

Credits: 04

Time of Exam: 03 Hrs.

Marks: 100

Internal: 30

External: 70

Note: The maximum time duration for attempting the paper will be of 3 hours. The examiner is required to set nine questions in all. The first question will be compulsory consisting of seven short questions covering the entire syllabus consisting of 2 marks each. In addition to those eight more questions will be set, two questions from each unit. The students shall be required to attempt five questions in all selecting one question from each unit in addition to compulsory Question No. 1. All questions shall carry equal marks.

Course Learning Outcomes:

- Familiarity with the parametric and non-parametric tools of analysis
- Developing a basic knowledge of how to analyse data quantitatively
- Acquaintance with scope and applications of statistical softwares.

Unit-I

Parametric Statistics and Non-Parametric Statistics: Nature, Assumptions, Difference and Applications
t-Test, Z-Test, Chi-square.

Unit – II

Non-Parametric Statistics: Sign test, Wilcoxon Signed Rank test, Mann Whitney U Test, Median Test, Kendall Coefficient of Concordance, Kruskal-Wallis Test and Friedman Test

Unit –III


Factor Analysis: General Concepts, Basic Assumptions, Rotation, Interpretation and Pitfalls

Unit-IV

Scope and Applications of Statistical Softwares in psychological research: SPSS, R

References:

- Aron, A., Aron, E.N., & Coups, E.J. (2007). Statistics for Psychology (4th Ed.). Delhi: Prentice Hall of India.
- King, B.M. & Minium, E.W, (2007). Statistical Reasoning in the Behavioral Sciences (5th Ed.). Noida: Wiley.
- Mangal, S.K. (2012). Statistics in Psychology and Education (2nd Ed.). Delhi: Prentice Hall of India.
- Howitt, D and Cramer, D. (2011). Introduction to Statistics in Psychology. London, UK: Pearsons Education Ltd.
- Garrett, H.E (2005). Statistics in Psychology and Education. Delhi: Cosmo Publications.
- Siegal, S. & Castellian, N.J. (1988). Nonparametric Statistics for Behavioural Sciences (2nd Ed.). New York: McGraw Hill
- Veeraraghavan, V. & Shetgovekar, S. (2016). Textbook of Parametric and Non- Parametric Statistics. New Delhi: Sage.


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Applied Psychology
Advanced Research Methods in Psychology-II (Semester VIII)
Discipline Specific Course (DSC)

Course Code: 24PSY0802T

Credits: 04

Time of Exam: 03 Hrs.

Marks: 100

Internal: 30

External: 70

Note: The maximum time duration for attempting the paper will be of 3 hours. The examiner is required to set nine questions in all. The first question will be compulsory consisting of seven short questions covering the entire syllabus consisting of 2 marks each. In addition to those eight more questions will be set, two questions from each unit. The students shall be required to attempt five questions in all selecting one question from each unit in addition to compulsory Question No. 1. All questions shall carry equal marks.

Course Learning Outcomes:

- Demonstrate the understanding of advanced theoretical, empirical, and applied knowledge of basic research methods and designs used in psychology research.
- Understanding the importance of maintaining ethical and moral integrity of the researcher.

Unit-I

Research Designs: Nature, Purpose, Basic Principles of Experimental Design.

Single –Subject Experimental Research (N=1): Meaning, origin and general procedure

Unit – II

Between groups design and within groups design: Meaning, purpose, types.

Comparison of between-group design and within-groups design

Unit –III

Factorial design: Nature and types (Random, Fixed and mixed)

Quasi-experimental design: Non-equivalent and time series design

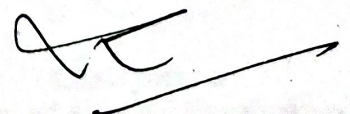
Unit-IV

Correlational design: Cross-sectional and longitudinal

Research report. Ethical issues in psychological research.

References:

- Broota, K.D. (1989). Experimental Design in Behavioural Research. Wiley Eastern.
- Christensen, L. B.; Johnson, R. B. & Turner, L. A (2014). Research Methods, Design and Analysis. Pearson.
- Coolican, H. (2017). Research methods and statistics in psychology. Psychology Press.
- Guilford, J.P. (1981). Fundamental Statistics in Psychology and Education (6th Ed.). McGraw Hill.
- Kerlinger, N. (1996). Foundations of behavioural research. Prentice-Hall.
- Kothari, C.R. (reprint 2009). Research methodology: Methods and techniques. Wiley Eastern Ltd.
- McGuigan, F.J. (1997). Experimental Psychology: Methods of Research. Pearson
- Nunnally, J. (1978). Psychometrics Theory (2nd Ed.). McGraw-Hill.
- Shaghnessy, J. J. & Zechmeister, E.B. (1997). Research Methods in Psychology. Mc Graw Hill
- Singh A.K. (2006). Tests, Measurement and Research Methods in Behavioural Sciences (5th Ed.). Bharati Bhavan.
- Singh R., Shyam, R. & Gupta, L. (2015). Fundamental Statistics for Social Sciences. Intellectual Foundation.
- Zachmeister, J. E., Zachmeister, E.B., & Shaughnessy, J. J. (2009). Essentials of research methods in psychology. N.D.: Tata McGraw-Hill.



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Applied Psychology
Synopsis Development and Report Writing (Semester VIII)
Discipline Specific Course (DSC)

Course Code: 24PSY0803T

Credits: 04

Time of Exam: 03 Hrs.

Marks: 100

Internal: 30

External: 70

Note: The maximum time duration for attempting the paper will be of 3 hours. The examiner is required to set nine questions in all. The first question will be compulsory consisting of seven short questions covering the entire syllabus consisting of 2 marks each. In addition to those eight more questions will be set, two questions from each unit. The students shall be required to attempt five questions in all selecting one question from each unit in addition to compulsory Question No. 1. All questions shall carry equal marks.

Course Learning Outcomes:

- Conceptualizing a research problem based on the basic and applied orientation of research.
- Executing a research plan through systematic application of knowledge about appropriate sampling, suitable research designs, relevant research tools, standardized conduction, accurate data analysis techniques and adhering to ethical guidelines.
- Reporting research outcomes in a standardised, universally acceptable and comprehensible format.
- Gaining insights about the domain researched and critically reflecting on the steps of the research process.

Unit-I

Preparing the synopsis: Abstract & Introduction: Understanding the area of research, ethical guidelines of research, and finalisation of Topic; Theoretical underpinnings. Review of Literature: Understanding and exploration of related research in the discipline, Identifying research gap. Formulation of research problem and hypothesis

Unit – II

Methodology: Population and sample selection.

Designing the Study, Methods of Data Collection as per the requirements of the topic and design

Data Analysis & Discussion: Qualitative and/or Quantitative Analysis as per the design and aims of the research

Unit –III

Research Report: Purpose of writing the research report.

Structure/Format of a research report (APA)

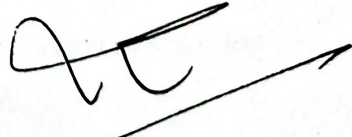
Unit-IV

Style of writing the research report (APA)

Evaluating the research report

References:

- Latest APA manual


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Applied Psychology
Contemporary Challenges and Issues in Psychology (Semester VIII)
Discipline Specific Course (DSC)

Course Code: 24PSY0804T

Credits: 04

Time of Exam: 03 Hrs.

Marks: 100

Internal: 30

External: 70

Note: The maximum time duration for attempting the paper will be of 3 hours. The examiner is required to set nine questions in all. The first question will be compulsory consisting of seven short questions covering the entire syllabus consisting of 2 marks each. In addition to those eight more questions will be set, two questions from each unit. The students shall be required to attempt five questions in all selecting one question from each unit in addition to compulsory Question No. 1. All questions shall carry equal marks.

Course Learning Outcomes:

- Acquaintance with the contemporary concerns that demand psychological attention
- Enable the students to apply psychological principles in dealing with the contemporary issues effectively.

Unit-I

Causes and consequences of growing maladaptive lifestyles, psychological challenges due to changing lifestyles, changing family structures. Stigma surrounding mental health: causes, consequences, and solutions

Unit – II

Use of computers in psychology, Information processing theory, artificial intelligence and Internet addiction. Psychological Impacts of Social Media and Technology: Psychological Effects of Social Media Use Addiction and Overuse of Technology; Digital Detox and Coping Strategies

Unit –III

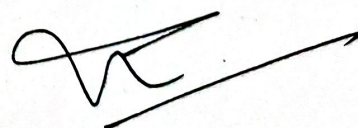
Person perception, culture and interpersonal attraction: Love, intimacy and intercultural marriages. The effects of digital communication on interpersonal relationships

Unit-IV

Introduction of Modern Statistical Softwares in psychology. Humans in space: the psychological hurdles. Aviation psychology, the psychology of traffic. Collaborations between psychology and fields like neuroscience, medicine, and AI
Emerging Trends: Positive Psychology, Human Flourishing and Sustainable Happiness

References:

- Card, S. K. (2017). The psychology of human-computer interaction. CRC Press.
- Cronk, B. C. (2017). How to use SPSS®: A step-by-step guide to analysis and interpretation. Routledge.
- Hargreaves, D. H. (2017). Interpersonal relations and education. Routledge
- Hinton, P. R. (2015). The perception of people: Integrating cognition and culture. Routledge. Hopkin, V. D. (2017). Human factors in air traffic control. CRC Press.
- Martinussen, M., & Hunter, D. R. (2017). Aviation psychology and human factors. CRC Press. Shaver, K. G. (2016). An introduction to attribution processes. Routledge.
- Thibaut, J. W. (2017). The social psychology of groups. Routledge. Young, K. (2016). Internet addiction test (IAT). Stoelting.



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Applied Psychology
Psychology Lab-V (Semester VIII)
Discipline Specific Course (DSC)

Course Code: 24PSY0805P

Credits: 04

Time of Exam: 03 Hrs.

Marks: 100

Internal: 30

External: 70


Note: Fifteen experiments/tests are to be conducted. The students will be required to perform two experiment/test in the examination, which would be assigned on the lottery basis. It would be mandatory to submit a practical record book duly signed by the supervising teacher at the time of practical examination.

Course Learning Outcomes:

- Enable students to apply the psychometric tools in different settings

List of Practical

Coping Styles
Social Maturity
Free Association
Locus of Control —
Role Conflict
CAT
Stereotypes
Social Facilitation
Family Environment
Anger
Defense Mechanism
Marriage Attitudes
Life Stressors
Computation of t-test with SPSS
Computation of any two non-parametric measures with SPSS
Self-Disclosure


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Dept. of Applied Psychology
GJUS&T, HISAR

**Applied Psychology
Psychopathology (Semester VIII)
Minor Course (MIC)**

Course Code: 24MIC0801T

Credits: 04

Time of Exam: 03 Hrs.

Marks: 100

Internal: 30

External: 70

Note: The maximum time duration for attempting the paper will be of 3 hours. The examiner is required to set nine questions in all. The first question will be compulsory consisting of seven short questions covering the entire syllabus consisting of 2 marks each. In addition to those eight more questions will be set, two questions from each unit. The students shall be required to attempt five questions in all selecting one question from each unit in addition to compulsory Question No. 1. All questions shall carry equal marks.

Course Learning Outcomes:

- Understand the concept of abnormality from different theoretical perspectives.
- Understanding of assessment and diagnostic classification of pathological behaviour.
- Understand the clinical picture and etiology of different psychological disorders.
- Understanding therapeutic aspect of different pathological behaviour.

Unit-I

Abnormality: Nature, differentiation from normality and criteria of abnormal behaviour.

Approaches to Psychopathology: Biological, Socio-Cultural, Psychological.

Classification of Psychopathology: Need for Classification, ICD and DSM Classification System.

Unit – II

Anxiety Disorders: Symptoms and Etiology- Generalized anxiety disorder, phobia, OCD, PTSD, panic attacks.

Schizophrenia: Symptoms, Etiology and Types

Mood Disorders: Symptoms and Etiology and Types

Unit –III

Eating Disorders: Anorexia nervosa, bulimia nervosa.

Substance-related and addictive disorders: Alcohol-related disorder and drug abuse

Unit-IV

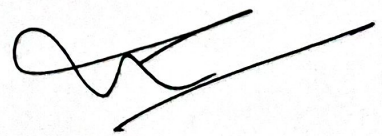
Biologically based therapies – electro-convulsive therapy, psychosurgery and Pharmacological therapy.

Psychologically based therapies: Psychoanalytic, Behavioural, cognitive and Humanistic psychotherapy.

Problems related to clinical psychology in India. Mental Health scenario in India.

References:

- **Abnormal Psychology: The Problem of Maladaptive Behaviour** (10th Ed.) New Delhi: Pearson Education Inc.
- **American Psychiatric Association** (2013), *Diagnostic and statistical manual of mental Disorders* (5th ed.) American Psychiatric publishing, Arlington, VA.
- **Carson, R.C.; Butcher, J.N., et al.** (2007). *Abnormal Psychology*. (13th Ed.) New Delhi: Pearson Education.
- **Comer, R.J.** (2010) *Abnormal Psychology* (7th ed), Worth Publishers, Newyork.
- **Davison, G.C. & Neale, J.M.** (1998). *Abnormal Psychology* (7th Ed.) New York: Willy. Sarason, I.G. and Sarason, B.R. (2005).
- **Freeman, A., Felgoise, S.H., & Davis, D.D.** (2008) *Clinical Psychology: integrating science and practice*, John Wiley & Sons, New Jersey.
- **Jeffrey, S.N., Spencer, A.R., & Beverly, G.** (2014). *Abnormal Psychology in a changing world*,
- **Nietzel, M.T., & Bernstein, D.A.** (1987) *Introduction to Clinical Psychology*: New Jersey: Prentice Hall. Pearson Edu., Boston.
- **Trull, T.J.** (2005). *Clinical Psychology* (7th ed.) Wadsworth Cengage Learning. Australia.
- **World Health Organization.** (2022). *ICD-11: International classification of diseases* (11th revision). <https://icd.who.int/>


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Dept. of Applied Psychology
GUJ&T, HISAR

Applied Psychology
Project/ Dissertation (Semester VIII)

Course Code:

Credits: 04

Time of Exam: 3 Hrs.

Marks: 300

External: 300

Couse Learning Outcome:

- Hands on training of research work
- Acquisition of skills to write dissertation
- A student has to submit a request for allotment of supervisor mentioning their areas of interest in order of preference to the chairperson during the seventh semester. The department will allot a qualified supervisor to guide the student.
- The student will submit synopsis to the supervisor which will be approved by the Departmental Research Committee.
- The student shall be required to submit three hard copies of the dissertation along with soft copy as PDF file to the Department by 30th June of the concerned year. The Anti-plagiarism policy of the university is to be strictly followed.
- The evaluation of the dissertation shall be done by external examiner. The dissertation work will be of total 12 credits (300 marks) and evaluation will be done in two components; report of dissertation (200 marks) and open viva-voce examination (100 marks).

References:

- Baron, R.A & Misra, G. (2014). Psychology. New Delhi: Pearson Education.
- Ciccarelli, S.K., Meyer, G.E. & Misra, G. (2013). Psychology: South Asian Edition. New Delhi: Pearson Education.
- Singh. A. and Singh. U. (1984). Samanya Manovigyan. Bhiwani: VaidicPrakashan.
- Singh, A.K. (2009). Uchatar Samnya Manovigyan. Delhi: Moti Lal Banarsidas.



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Dept. of Applied Psychology
GUJ&T, HISAR

Applied Psychology
Psychology Lab-I (Semester IV)
Discipline Specific Course (DSC)

Course Code: 24PSY0404P

Credits: 04

Time of Exam: 03 Hrs.

Marks: 100

Internal: 30

External: 70


Note: Fifteen experiments/tests are to be conducted. The students will be required to perform two experiment/test in the examination, which would be assigned on the lottery basis. It would be mandatory to submit a practical record book duly signed by the supervising teacher at the time of practical examination.

Course Learning Outcomes:

- Enable students to apply the psychometric tools in different settings

List of Practical

Motivation
NEO-FFI
-MBTI
Mental Health
LTM
Concept Formation
Retroactive and Proactive Inhibition
Parenting Styles
Family Environment
Adjustment
DST
Seguin form Board Test
Parent child relationship
Children Thematic Apperception Test
Computation Of Measures of Central Tendency By SPSS
Computation Of Correlation By SPSS


24.02.2025
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