

SCHEME OF B.A. (HONS.) PSYCHOLOGY (SEMESTER SYSTEM) 2011-12

B.A. (Hons.) Semester-I

Total Marks: 300

<u>Paper No.</u>	<u>Nomenclature of paper</u>	<u>Internal Assessment</u>	<u>Marks</u>	<u>Time</u>
I	Basic Psychological Processes	20	55	3 Hours
II	Social Psychology	20	55	3 Hours
III	Basics of Research Processes & Statistics	20	55	3 Hours
IV	Practical		75	3 Hours
	English (Subsidiary)	20	80	3 Hours

B.A. (Hons.) Semester-II

Total Marks: 300

V	Cognitive Processes	20	55	3 Hours
VI	Applying Social Psychology	20	55	3 Hours
VII	Basics of Research Methods & Statistics	20	55	3 Hours
VIII	Practical		75	3 Hours
	English (Subsidiary)	20	80	3 Hours

B.A. (HONS.) PSYCHOLOGY – SEMESTER-I (2011-12)

PAPER-I

BASIC PSYCHOLOGICAL PROCESSES

Theory: 55
Internal Assessment:20
Time: 3 hours

- Note: -**
- (i) The question paper will comprise nine questions. First question will be of short answer type not exceeding 30 words consisting of eleven parts (1 mark each) to be set from the whole of the syllabus. This question would be compulsory.
 - (ii) Remaining eight questions (essay type) would be set unit-wise, two questions from each unit. The candidate has to attempt four questions, selecting at least one from each unit.
 - (iii) Each question carries 11 marks.

UNIT-I

Introduction: - Definition, Historical origins of Psychology, goals and fields of psychology.

Methods in Psychology: Experimental, observation, Interview, Questionnaire and Case Study.

UNIT-II

Contemporary Psychological Perspectives: Biological, Psychodynamic, Behaviouristics, Cognitive, Humanistic and Cross-Cultural.

UNIT-III

Motivation: Biogenic and Sociogenic motives, Intrinsic-Extrinsic Framework.

Emotion: Components of Emotions, Bodily Expressions, Theories of Emotions – James Lange, Canon Bard & Schachter – Singer Theory.

UNIT-IV

Personality: Type and Trait Approaches, Biological and socio-cultural determinants, Assessment of Personality.

Intelligence: Nature, Intelligence Testing & Interpretation, Emotional Intelligence.

References:

Baddley, A.D.; Eysenck, M.W. & Anderson (2009) **Memory**; Hove, UK, Psychology Press.

Baron, R.A. (1995). **Psychology: The essential science**. New York: Allyn & Bacon.

Coon, D & Mitterer, J.O. (2007) **Introduction to Psychology: Gateways to Mind and Behaviour**, 11th Edn. Delhi: Thomson Wadsworth.

Eysenck, M.W.(2009). **Fundamentals of Psychology**. New York: Psychology Press. Chapters 23, 24 and 25, Pages 539-626.

Lahey, B.B. (2007) **Psychology: An Introduction**, 9th End. New York: Mc Graw-Hill.

Posterino, E & Doyle-Portillo, S. (2010) **What is Psychology: Essentials**. Belmont, CA, USA: Wadsworth Cengage.

Sanderson, CA (2010) **Social Psychology**. Danvers, MA, USA: John Wiley & Sons, Inc.

Smith, EE, Nolen-Hoeksema, S., Fredrickson,B., Loftus, G.R. (2006) **Alkinson's Hilgard Introduction to Psychology**. Singapur, Thompson Wardsworth.

Wadc, C. (2005) **Psychology**, 8th Edn. New York: Prentice Hall.

Zimbardo, P.G., & Weber, A.L (1997). **Psychology**. New York: Harper Collins College Publishers.
Lefton, L.A. (1985). **Psychology**. Boston: Allyn & Baron.

PAPER-II

SOCIAL PSYCHOLOGY

Theory: 55

Internal Assessment: 20

Time: 3 hours

- Note: -**
- (i) The question paper will comprise nine questions. First question will be of short answer type not exceeding 30 words consisting of eleven parts (1 mark each) to be set from the whole of the syllabus. This question would be compulsory.
 - (ii) Remaining eight questions (essay type) would be set unit-wise, two questions from each unit. The candidate has to attempt four questions, selecting at least one from each unit.
 - (iii) Each question carries 11 marks.

UNIT-I

Introduction: Nature, goal and scope of social psychology; Social Psychology and other sciences: Methods of social psychology, Experimental, Searching for cause and effect correlational methods: Detaching natural associations.

UNIT-II

Self Perception and Self Presentation: Self Concept, Self Esteem, Self Serving Bias and Self Presentation.

Social Perception: Attribution: basic sources of attribution error, Application of attribution theory.

UNIT-III

Attitudes: Nature and function of attitude formation, Theories; – Heider's theory and Festinger's Cognitive dissonance theory, Measurement of attitudes.

Persuasion: Elements, Factors Affecting Persuasion.

UNIT-IV

Groups: Nature and Function, groups and task performance, group cohesiveness, group norms and decision making.

Leadership: Definition and functions, Traits, Situations and Contingency approaches of leadership.

References:

Alcock, J.E., Carment, D.W. Sadava, S.W., Collins, J.E., & Green, J.M. (1997). **A textbook of Social Psychology**, Scarborough, Ontario: Prentice Hall/Allyn & Bacon.

Baron, R.A., & Byrne, D. (1998). **Social Psychology**. New Delhi: Prentice Hall.

Baron, R.A. and Byrne, D. (2008) **Samajik Manovigyan (Hindi Sanskaran)**. Delhi: Pearson.

Chaube S.P. (1985) **Social Psychology**. Agra: Educational Publishers.

Feldman, R.S. (1985). **Social Psychology: Theories, research and application**. New York: McGraw Hill.

Myers, David, G. (1994). **Exploring Social Psychology**. New York: McGraw Hill.

Semin, G.R., & Fiedler, K.(Eds.) (1996). **Applied Social Psychology**. London: Sage.

Singh, A.K. (2009). **Samaj Manovigyan ki Rooprekha** . Delhi: Moti Lal Banarsidas.

Theory: 55
Internal Assessment: 20
Time: 3 hours

- Note: -**
- (i) The question paper will comprise nine questions. First question will be of short answer type not exceeding 30 words consisting of eleven parts (1 mark each) to be set from the whole of the syllabus. This question would be compulsory.
 - (ii) Remaining eight questions (essay type) would be set unit-wise, two questions from each unit. The candidate has to attempt four questions, selecting at least one from each unit.
 - (iii) Each question carries 11 marks.

UNIT-I

Scientific Approach: Science and Common Sense, Stereotypes, Aims and Goals of Science – Scientific Research – a definition, Scientific Approach its characteristics, Methods of acquiring knowledge. Role of Scientists in Science, Variables – its types operational definition.

UNIT-II

Problem: Sources of problem and its indicators, Characteristics of a problem.

Hypothesis: Nature, Types, Formulation and Criteria of Good hypothesis.

UNIT-III

Variables: (Operational Definition) Types and Control of Variables in Experimentation.

Frequency Distribution: Graphical Presentation of Data: Bardigram, Histograms and Polygons.

UNIT-IV

Measures of Central Tendency: Mean, Median, Mode, Interpreting and Presenting of Measures of Central Tendency in Tables and Graphs.

Measures of Variability: Range, Quartile Ranges, Quartile Deviation, Standard Deviation and Variance.

References:

Gravetter, F.J. & Wallnau, L.B. (2009) **Statistics for the Behavioural Sciences**; 8th Edn. Belmont, CA, USA: Wadsworth.

Healey, JF (2009) **Statistics: A Tool for Social Research**, 8th Edn. Belmont CA: Wadsworth.
Howell, D.C. (2007)

Howell, D.C. (2007) **Statistical Methods for Psychology**, 6th Edn. Belmont CA, USA: Thomson-Wadsworth.

Jackson, SL (2006) **Research Methods and Statistics: A Critical Thinking Approach**, 2nd Edn. Belmont, CA, USA, Thomson-Wadsworth.

Mc Guigan, F.J. (1990). **Experimental Psychology: Methods of Research**, 5th Edn. New Delhi: Prentice-Hall of India.

Pagano, RR (2007) **Understanding Statistics in the Behavioural Sciences**, 8th Edn. Belmont, CA, USA: Thomson-Wadsworth.

Singh, R., & Radheyshyam (2008) **Comprehensive Statistics for Behavioural Sciences**, Delhi: Sanjay Pub.

Weathington, B.L., Cunnintgham, C.J.L. & Pittenger, D.J. (2010) **Research Methods for the Behavioral and Social Sciences**, New York: John Wiley.

Wright, D.B. & London, K. (2009). **First (and Send) Steps in Statistics**. London: Sage.

Paper-IV(a & b)

PRACTICAL

M.Marks : 75

Time : 3 hrs.

Paper-IV a

M.Marks: 50

Time : 3 hrs.

Each student would be required to conduct/administer and report six experiments/tests during the session. Each examinee will have to conduct/administer two experiments/tests during the examination.

1. Verbal Intelligence Test
2. Achievement Motivation Test
3. Impression Formation
4. Measurement of Attitude
5. Performance Test of Intelligence
6. Emotional Intelligence Test
7. Social Facilitation/Social Loafing
8. Self-Perception/Self-Concept
9. Facial Expression
10. Assessment of Personality

Evaluation: Evaluation would be based on report, performance & Viva.

Paper-IV b

M.Marks : 25

Sociometric analysis of a group.

Evaluation would be based on report & Viva.

Examination of IV a & IV b would be held in a single session.

B.A. (HONS.) PSYCHOLOGY – SEMESTER-II (2011-12)

PAPER-V

COGNITIVE PROCESSES

Theory: 55
Internal Assessment:20
Time: 3 hours

- Note: -**
- (i) The question paper will comprise nine questions. First question will be of short answer type not exceeding 30 words consisting of eleven parts (1 mark each) to be set from the whole of the syllabus. This question would be compulsory.
 - (ii) Remaining eight questions (essay type) would be set unit-wise, two questions from each unit. The candidate has to attempt four questions, selecting at least one from each unit.
 - (iii) Each question carries 11 marks.

UNIT-I

Habituation: Orienting Reflexes, Habituation and Dishabituation.

Learning:- Classical Conditioning: Paradigms, Extinction, Spontaneous Recovery, Generalization and Discrimination. Operant conditioning: Paradigms and reinforcement schedules. Observational Learning.

UNIT-II

Sensation: Types of Senses. Sensory Processes; Visual and Auditory (Structure and Functions of Eye & Ear)

Attention: Attentional Processes, Selective and Divided Attention.

Perception: Gestalts' Laws of organization, Perception of size, shape and Depth.

UNIT-III

Memory: Encoding, Storage and Retrieval processes in short term memory and long term memory; Real Life Memories: Eyewitness Testimony: Accuracy and Improvement.

Forgetting: Decay and Interference: Retroactive and proactive, Mnemonics.

UNIT-IV

Intelligence: Cognitive and psychometric approaches; Genetic and Environmental Influences.

Thinking and Reasoning: Thinking processes; Concepts, Categories, Inductive and deductive reasoning.

References:

Baron, R.A. (1995). **Psychology: The essential science**. New York: Allyn & Bacon.

Eysenck, M.W. (2009) **Fundamentals of Psychology**. New York: Psychology Press.

Lefton, L.A. (1985). **Psychology**. Boston: Allyn & Baron.

Nevid, J.S.(2009). **Psychology: Concepts and Applications**, 3 Edn. Belmontca, USA: Wadsworth Cengage Learning.

Passer, M.W. & Smith, R.E. (2007) **Psychology: The Science of Mind and Behaviour**, 3rd Edn. New York: McGraw-Hill.

Smith, EE, Nolen-Hoeksema, S., Fredrickson,B., Loftus, G.R. (2006) **Alkinson's Hilgard Introduction to Psychology**. Singapur, Thompson Wordsworth.

Wade, C. (2005) **Psychology**, 8th Edn. New York: Prentice Hall.

Weiten, W. (2008) **Psychology. Themes and Variations**, 7th Edn. Belmont, CA, USA: Thomson Cengage Learning.

Zimbardo, P.G., & Weber, A.L (1997). **Psychology**. New York: Harper Collins College Publishers.

PAPER-VI

APPLYING SOCIAL PSYCHOLOGY

Theory: 55
Internal Assessment: 20
Time: 3 hours

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- (ii) Remaining eight questions (essay type) would be set unit-wise, two questions from each unit. The candidate has to attempt four questions, selecting at least one from each unit.
- (iii) Each question carries 11 marks.

UNIT-I

Socialization: Nature, Agencies and Process.

Prejudice and Discrimination: Nature and components of prejudice, Acquisition of prejudice, Reduction of prejudice.

UNIT-II

Social influence: Conformity – factors affecting conformity; Compliance: principles and tactics; Obedience – Milgram's obedience studies.

Effect of Presence of Others: Social Facilitation and Social Inhibition.

UNIT-III

Pro-Social Behavior: Altruism and helping - Personal, Situational and socio-cultural determinants, Bystander effect, Theoretical explanations of pro-social behaviour.

Communication: Communication Models, Verbal and nonverbal communication, Barriers in communication.

UNIT-IV

Aggression: Theoretical perspectives - Trait, Situational and Social learning approaches, Social and personal determinants of aggression, Prevention and Control of Aggression.

Applying Social Psychology: to work and Health.

References:

Alcock, J.E., Carment, D.W. Sadava, S.W., Collins, J.E., & Green, J.M. (1997). **A textbook of Social Psychology**, Scarborough, Ontario: Prentice Hall/Allyn & Bacon.

Baron, R.A., & Byrne, D. (1998). **Social Psychology**. New Delhi: Prentice Hall.

- Baron, R.A. and Byrne, D. (2008) **Samajik Manovigyan (Hindi Sanskaran)**. Delhi: Pearson.
- Baron, R.S. & Kerr (2003) *Group Process Group Decision, Group Action*, 2nd Edn. Maidenhead, Berkshire, UK: Open Univesity Press.
- Chaube S.P. (1985) **Social Psychology**. Agra: Educational Publishers.
- Feldman, R.S. (1985). **Social Psychology: Theories, research and application**. New York: McGraw Hill.
- Myers, David, G. (1994). **Exploring Social Psychology**. New York: McGraw Hill.
- Myers, D.G. (2005) *Social Psychology*, 8th Edn. New York: McGraw Hill.
- Sanderson, CA (2010) **Social Psychology**. Danvers, MA, USA: John Wiley & Sons, Inc.
- Semin, G.R., & Fiedler, K.(Eds.) (1996). **Applied Social Psychology**. London: Sage.
- Singh, A.K. (2009). **Samaj Manovigyan ki Rooprekha** . Delhi: Moti Lal Banarsidas.

PAPER-VII

BASICS OF RESEARCH METHODS & STATISTICS

Theory: 55

Internal Assessment: 20

Time: 3 hours

- Note:** - (i) The question paper will comprise nine questions. First question will be of short answer type not exceeding 30 words consisting of eleven parts (1 mark each) to be set from the whole of the syllabus. This question would be compulsory.
- (ii) Remaining eight questions (essay type) would be set unit-wise, two questions from each unit. The candidate has to attempt four questions, selecting at least one from each unit.
- (iii) Each question carries 11 marks.

UNIT-I

Data Collection Techniques: Observation, Questionnaire, Interview, Telephone Interview, Sociometry.

UNIT-II

Sampling – its Techniques, Assumption of Parametric and Non-Parametric Tests, Writing up a Research Report - APA Style.

UNIT-III

Normal Distribution Curve: Concept of Normal Probability Curve. Laws of Normal Probability Curve. Characteristics and its Applications.

Correlational Methods: Concept of Correlation Spearman's Rank – Difference method, Product moment method.

UNIT-IV

Research Design: Within and Between. Requirement of a good research design.

Within – Single Group Design, Between Group – Two Randomized, Matched Group, Multigroup Design.

References:

Broota, K.d. (1992) **Experimental Design in Behavioural Research**, New Delhi: Wiley-Eastern.

Gravetter, F.J. & Wallnau, L.B. (2009) **Statistics for the Behavioural Sciences**; 8th Edn. Belmont, CA, USA: Wadsworth.

Jackson, SL (2006) **Research Methods and Statistics: A Critical Thinking Approach**, 2nd Edn. Belmont, CA, USA, Thomson-Wadsworth.

Mc Guigan, F.J. (1990). **Experimental Psychology: Methods of Research**, 5th Edn. New Delhi: Prentice-Hall of India.

Pagano, RR (2007) **Understanding Statistics in the Behavioural Sciences**, 8th Edn. Belmont, CA, USA: Thomson-Wadsworth.

Singh, R., & Radheyshyam (2008) **Comprehensive Statistics for Behavioural Sciences**, Delhi: Sanjay Pub.

Weathington, B.L., Cunnintgham, C.J.L. & Pittenger, D.J. (2010) **Research Methods for the Behavioral and Social Sciences**, New York: John Wiley.

Paper-VIII(a & b)

PRACTICAL

M.Marks : 75

Time : 3 hrs.

Paper-VIII a

M.Marks: 50

Time : 3 hrs.

Each student would be required to conduct/administer and report six experiments/tests during the session. Each examinee will have to conduct/administer two experiments/tests during the examination.

1. Depth Perception
2. Muller – Lyer Illusion
3. Fluctuation of Attention/Span of Attention
4. Card Sorting/Habit Formation
5. Problem Solving
6. Maze Learning
7. Immediate Memory Span
8. LTM/Paired Associate Learning
9. Concept Formation
10. Conformity/Prejudice Scale

Evaluation: Evaluation would be based on report, performance & Viva.

Paper-VIII b

M.Marks : 25

Group Experiment.

Evaluation would be based on report & Viva.

Examination of VIII a & VIII b would be held in a single session.

B.A. (HONS.) PSYCHOLOGY – SEMESTER-III (2011-12)

PAPER-IX

BIOLOGICAL BASIS OF BEHAVIOUR

Theory: 65

Internal Assessment: 10

Time: 3 hours

- Note: -**
- (i) The question paper will comprise of nine questions. First question would be a compulsory question consisting of ten parts (answer not exceeding 30 words). These questions would be of 1 ½ each marks set from the whole syllabus.
 - (ii) Remaining eight questions (essay type) would be set unit-wise, taking two questions from each unit. The candidate has to attempt four questions, selecting at least one from each unit.
 - (iii) Each question carries 12 ½ marks.

UNIT-I

Nature of Biopsychology:- Meaning of Biopsychology, Major divisions of Biopsychology. Research Methods – Lesion, Brain – Stimulation and EEG.

Genetics and Behaviour:- Chromosomes and genes, dominant – recessive genes and sex-linked genes.

UNIT-II

Neuron:- Structure and function of neuron, Types of Neuron

Nervous System:- Central Nervous System: brain structure & function.

UNIT-III

Emotions:- Physiological Correlates of emotions, Theories of emotion – James – Lange, Cannon – Bard.

Hunger:- Glucostatic and Lipostatic Set – point. Theories of Hunger. Neural mechanisms of hunger.

UNIT-IV

Sleep: Stages of Sleep, Sleep Disorders: Insomnia, Hypersomnia, REN – Sleep Related Disorders.

Hormones & Behaviour: Differences between exocrine & endocrine glands. Hormones of Pituitary & Adrenal glands and their functions.

References:

- Carlson, N.R. (2005). **Foundations of Physiological Psychology**. New Delhi: Pearson Education & Dorling Kindersley.
- Kalat, J.N. (2001). **Biological Psychology**. California. Wads Worth.
- Levinthal, C.R. (1991). **Introduction to physiological psychology**. New Jersey: Prentice Hall.
- Pinel, J.P.J. (2006). **Biopsychology**. Pearson Inc. and Dorling Kindersley. New Delhi.

PAPER-X

BASICS OF HEALTH PSYCHOLOGY

Theory: 65

Internal Assessment: 10

Time: 3 hours

- Note: -**
- (i) The question paper will comprise of nine questions. First question would be a compulsory question consisting of ten parts (answer not exceeding 30 words). These questions would be of 1 ½ each marks set from the whole syllabus.
 - (ii) Remaining eight questions (essay type) would be set unit-wise, taking two questions from each unit. The candidate has to attempt four questions, selecting at least one from each unit.
 - (iii) Each question carries 12 ½ marks.

UNIT-I

Health Psychology: Meaning, Nature and Emergence of Health Psychology. Methods: Case Study, Survey & Observation Method.

Models of Health Psychology: Biomedical Model and Biopsychosocial Models of Health Psychology.

UNIT-II

Systems of the Body: Endocrine glands, Digestive System, Respiratory and Cardiovascular System.

Eating disorders: Obesity & its control, Bulimia and Anorexia Nervosa.

UNIT-III

Health and Illnesses: Diabetes, Hypertension and Cardiovascular disease .

HIV & AIDS, Cancer.

UNIT-IV

Stress and Health: Stress, GAS, Physiological Sources, Nervous System & stress and Endocrine System & stress; Psycho-social Sources; Stress and Sickness.

Trends for future: Changing nature of Medical practice, Impact of Technology and Comprehension Intervention.

References: -

- Kaplan, R.M., Sallis, Jr., J.F., and Patterson, T.L. (1993) **Health and Human Behaviour**, New York: McGraw Hill.
- Snyder, J.J. (1989) **Health Psychology and Behavioural Medicine**. New Jersey: Prentice Hall.
- Straub, R.O. (2007). **Health Psychology – A Biopsychosocial Approach**. New York: Worth.
- Taylor, S.E. (2006). **Health Psychology**. New Delhi. Tata McGraw Hill.

PAPER-XI

PSYCHOLOGICAL TESTING

Theory: 65
Internal Assessment: 10
Time: 3 hours

- Note: -**
- (i) The question paper will comprise of nine questions. First question would be a compulsory question consisting of ten parts (answer not exceeding 30 words). These questions would be of 1 ½ each marks set from the whole syllabus.
 - (ii) Remaining eight questions (essay type) would be set unit-wise, taking two questions from each unit. The candidate has to attempt four questions, selecting at least one from each unit.
 - (iii) Each question carries 12 ½ marks.

UNIT-I

Psychological Testing – Nature, History, Uses of Psychological Tests.

Test Administration – Effects of Examiner and Situational Variables, Effects of training on Test performance.

UNIT-II

Test Construction – Steps in the process of test construction: Item Construction and Scaling.

Item Analysis – Nature, Item difficulty, Item discrimination.

UNIT-III

Reliability – Meaning, Methods of reliability: Test – Retest, Internal Consistency.

Validity – Meaning, Methods of Estimation: Content – Description procedures and Criterion – prediction procedures.

UNIT-IV

Norms – Meaning and Purpose, Raw score Transformations, Standard Scores.

Special Issues in Testing – Computer – aided psychological assessment, Ethical issues: Protection of privacy, Confidentiality, Communicating test results.

References: -

- Anastasi, A., and Urbina, S. (2003) **Psychological Testing**, New Delhi: Pearson Education. (Indian Reprint)
- Gregory, R.J. (2004) **Psychological Testing: History, Principles and Applications** (4th Ed.) New Delhi: Pearson Education.
- Singh, A.K. (2008) **Tests, Measurements and Research Methods in Behavioural Sciences**. New Delhi: Bharati Bhawan.

Paper-XII(a & b)

PRACTICAL

M.Marks : 75

Time : 3 hrs.

Paper-XII a

M.Marks: 50

Time : 3 hrs.

Each student would be required to conduct/administer and report six experiments/tests during the session. Each examinee will have to conduct/administer two experiments/tests during the examination.

1. Verbal Intelligence Test
2. Non-verbal Intelligence Test
3. Personality Measurement – EPQ
4. Test Profile
5. Attitude Measurement
6. Health Schedule
7. 16 PF
8. Laddy's Healthiness Scale
9. Interest Record/VIR
10. Stress Measurement

Evaluation: Evaluation would be based on report, performance & Viva.

Paper-XII b

M.Marks : 25

Group Experiment.

Evaluation would be based on report & Viva.

Examination of XII a & XII b would be held in a single session.

B.A. (HONS.) PSYCHOLOGY – SEMESTER-IV (2011-12)

PAPER-XIII

PSYCHOPATHOLOGY

Theory: 65
Internal Assessment: 10
Time: 3 hours

- Note: -**
- (i) The question paper will comprise of nine questions. First question would be a compulsory question consisting of ten parts (answer not exceeding 30 words). These questions would be of 1 ½ each marks set from the whole syllabus.
 - (ii) Remaining eight questions (essay type) would be set unit-wise, taking two questions from each unit. The candidate has to attempt four questions, selecting at least one from each unit.
 - (iii) Each question carries 12 ½ marks.

UNIT-I

Introduction to Psychopathology: Concept of Psychopathology, Models of Psychopathology: Psychodynamic, Behavioural, Cognitive Behavioural Clinical Assessment: Clinical Interview, Case History, Psychological Tests.

UNIT-II

Anxiety disorders: Generalized Anxiety disorder, Phobia, Obsessive Compulsive disorder, Post-traumatic Stress disorder.

Conversion Hysteria, Personality disorder: Paranoid, Antisocial, Borderline personality disorder, Avoidant.

UNIT-III

Mood disorders: Major depressive disorders and Bipolar-I & Bipolar-II disorder

Schizophrenia: Nature, Types, Etiology and Treatment.

Substance and Alcohol related disorders.

UNIT-IV

Clinical Intervention: Meaning & goals, Psychodynamic, Behavioural, Cognitive Behavioural, Biological Therapies.

Mental Health: Components, Importance, Measures for promoting mental health.

References: -

- Anand, V., and Shrivastva, R. (2003) **Manuvikriti Vigyan**, Delhi: Moti Lal Banarsi Das.
- Buss, A.H. (1999). **Psychopathology**. New York: John Wiley.
- Carson, R.C., Butcher, J.N., and Mineka, S. (2006) **Abnormal Psychology and Modern Life**. (11th Ed.) New Delhi: Pearson.
- Lamm, A. (1997). **Introduction to Psychopathology**, New York: Sage Publications
- Sarason, I.G., and Sarason, B.R. (2005). **Abnormal Psychology: The Problem of Maladaptive Behaviour**. New Delhi: Pearson.
- Seligman, M.Martin E.P., Walker, E.F., and Rosenhan, D.L. (2001). **Abnormal Psychology**. New York: W.W. Norton.
- Singh, A.K. (2006) **Modern Abnormal Psychology**. Delhi: Moti Lal Banarshi Das.

PAPER-XIV

LIFE STYLE AND HEALTH

Theory: 65
Internal Assessment: 10
Time: 3 hours

- Note: -**
- (i) The question paper will comprise of nine questions. First question would be a compulsory question consisting of ten parts (answer not exceeding 30 words). These questions would be of 1 ½ each marks set from the whole syllabus.
 - (ii) Remaining eight questions (essay type) would be set unit-wise, taking two questions from each unit. The candidate has to attempt four questions, selecting at least one from each unit.
 - (iii) Each question carries 12 ½ marks.

UNIT-I

Health Behaviour: The concept, Role of Behavioral factors in Disease and Disorder, Practicing health behavior. Gender and Ethnic differences in Health risk and habits.

Seeking Health Care: Delayed treatment seeking behavior, Overusing health services, Factors affecting Adhering to Treatment.

UNIT-II

Modifying Health Behavior: Barriers to modify poor Health behavior. Self observation, Self monitoring and Self control of behavior. Settings of change.

Theory of Planned Behavior, Attitude change and Health behavior, Theory of Reasoned action.

UNIT-III

Health Enhancing/Promoting Behavior: Exercise, Benefits of exercise, Determinants of regular exercise, Characteristics of intervention.

Accident Prevention: Home & Work place, Motorcycle and Automobile accidents. Educational programmes/Community health education.

UNIT-IV

Health Compromising Behavior: Substance dependence and Treatment, Alcoholism and Smoking, Prevention programmes and Social influence.

Stress: Stress and Coping, Stress and Eating modifying Diet. Regulation and treatment of Obesity.

References: -

- Kaplan, R.M., Sallis, Jr., J.F., and Patterson, T.L. (1993) **Health and Human Behaviour**. New York: McGraw Hill.
- Snyder, J.J. (1989) **Health Psychology and Behavioural Medicine**. New Jersey: Prentice Hall.
- Straub, R.O. (2007). **Health Psychology – A Biopsychosocial Approach**. New York: Worth.
- Taylor, S.E. (2006). **Health Psychology**. New Delhi. Tata McGraw Hill.

- Note: -**
- (i) The question paper will comprise of nine questions. First question would be a compulsory question consisting of ten parts (answer not exceeding 30 words). These questions would be of 1 ½ each marks set from the whole syllabus.
 - (ii) Remaining eight questions (essay type) would be set unit-wise, taking two questions from each unit. The candidate has to attempt four questions, selecting at least one from each unit.
 - (iii) Each question carries 12 ½ marks.

UNIT-I

Psychological Assessment – Meaning and nature

Intellectual Assessment: Individual Tests – Wechsler Scales – WAIS, WISC and WPPSI

Group Tests - Culture fair Intelligence test, Raven’s progressive matrices.

UNIT-II

Personality Assessment: Self report inventories – Empirical, Criterion Keying: MMPI; Factor-Analysis: 16 PF; Personality Theory: EPPS.

Projective Techniques – Inkblot, Rorschach, Pictorial, TAT, Completion, Sentence Completion Test.

UNIT-III

Measuring Interests - Strong Interest Inventory, Kuder Occupational Interest Survey.

Measurement of Aptitudes – Multiple Aptitude Test Batteries: Differential Aptitude Test, Multidimensional Aptitude Battery.

UNIT-IV

Educational Achievement Tests – Iowa Tests of Basic Skills, Metropolitan Achievement Test, Tests of General Educational Development.

Tests for College Performance – Scholastic Assessment Tests, Graduate Record Exam.

References: -

- Anastasi, A. and Urbina, S. (2003) **Psychological Testing**. New Delhi: Pearson Education.
- Gregory, R.J. (2004) **Psychological Testing: History, Principles, and Applications**. New Delhi: Pearson Education.
- Singh, A.K. (2008) **Tests, Measurements and Research Methods in Behavioural Sciences**. New Delhi: Bharati Bhawan.

Paper-XVI (a & b)

PRACTICAL

M.Marks : 75

Time : 3 hrs.

Paper-XVI a

M.Marks: 50

Time : 3 hrs.

Each student would be required to conduct/administer and report six experiments/tests during the session. Each examinee will have to conduct/administer two experiments/tests during the examination.

1. Personality Assessment – Projective Techniques TAT
2. Eysenck Personality Inventory
3. Life Style
4. Achievement Scale
5. Emotional Intelligence Scale
6. Emotional Maturity Scale
7. Test Profile
8. Mood Fluctuation (UWIST) measurement
9. Anxiety Test/Scale
10. Well Being Scale (P.G.I. well being scale)

Evaluation: Evaluation would be based on report, performance & Viva.

Paper-XVI b

M.Marks : 25

Group Experiment.

Evaluation would be based on report & Viva.

Examination of XVI a & XVI b would be held in a single session.