

### Semester III

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

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

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

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

## Research Methodology

*Time: 3 Hours*

*Full Marks: 60  
(for end semester)*

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

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

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

### **Unit 2 Sampling:**

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

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

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

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

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

### **Reading List:**

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

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

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

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

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

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

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

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

## **Health Psychology**

*Time: 3 Hours*

*Full Marks: 60  
(for end semester)*

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

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

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

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

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

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

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

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

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

### **Reading List:**

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

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

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

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

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

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

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

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

# **Applied Social Psychology**

*Time: 3 Hours*

*Full Marks: 60  
(for end semester)*

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

## **Unit : 1 Introduction:**

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

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

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

## **Unit : 3 Terrorism:**

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

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

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

### **Reading List:**

Singh, AK. (2013). Samaj Manovigyan ki Ruprekha. Patna: Motilal Banarsidas.

Suleman, Md(2012). Manovigyan aur Samajik Samasyaye. Patna: Motilal Banarsidas.

Prasad, Navratan(2009). Samajik Samasyaye. Patna: Motilal Banarsidas.

Baron , R and Byrne(2010). Social Psychology. New Delhi: Pearson Education.

K, Renu(2010). Apradhsashtra aur Samajik Samasyaye. New Delhi: Atlantic Publication.

Pandey, G(2010). Samaj Manovigyan. New Delhi: Atlantic Publication.

Bandura, A(1990). Aggression : A social learning analysis. New Jersey: Prentice Hall

Razaque, Sadique (2004). Dimensions of Human Behaviour. New Delhi: Manak publication.

Gelles and Cornell(2005). Intimate violence in families. Beverly Hills, Sage Publication.

Saxena, NS(2010). Terrorism: History and facets in the world and India. New Delhi: Abhinav Publication.

Ahuja, Ram (2010). Sociological Criminology. New Delhi: New Age International Publisher.

Fitzgerald, Mike(2005). Crime and Society, New York Hammond Worth.

Becker, Howard(2004). Social problem: A modern approach. New York: John Willey.

## **Practical - I**

*Time: 4 hours*

*Full Marks: 60  
(for end semester)*

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

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

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

### **Reading List:**

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

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

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

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



# Psychology at work

*Time: 3 Hours*

*Full Marks: 60  
(for end semester)*

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

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

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

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

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

## **Unit 3: Accident:**

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

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

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

### **Reading List:**

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

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

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

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

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

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

## **Practical - II**

*Time: 4 hours*

*Full Marks: 20  
(for end semester)*

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

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

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

## **Reading List**

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

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

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

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