# **Semester-I**

**PSY. C-103: HEALTH PSYCHOLOGY** 

Total Marks-70 Times-3 hours

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

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

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

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

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

## **Unit – III: Maintaining Health**

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

## **Unit – IV : Mental Hygiene**

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

## **Unit – V : Communicable Diseases :**

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

## **SUGGESTED READING:-**

1. **Aboud, F.E. (1998).** Health Psychology in Global Perspectives. Thousand Oaks,

- C.A.: Sage.
- 2. **Brannan, L and Feist, J. (1996).** Health Psychology: An Introduction to Behavior and Health. Pafic Groove: Books Cole.
- 3. **Broome, A.K. and LIewellyn, S. (1996).** Health Psychology. London: Champan and Hall.
- 4. Camic, P and Knights (Eds.) (1988) Clinical Hand Book of Health Psychology. Scattle: Hogiefe and Huber.
- 5. **Chopra, C. and Payne, R. (Eds.) (1991).** Personality and Stress: Individual Difference in Stress Process. Chichester: Wiley.
- 6. **Friedman, G. (Ed.) (1999).** Psychology: Perspectives on stress and health. New Delhi: Concept.
- 7. **Pestonjee, D.M.** (1991). Stress and Coping: The Indian Experience. New Delhi: Sage.
- 8. **Razaque, S. et. al. (2010).** New Horizon in Stress Management. New Delhi : Ayushman Publication House.
- 9. **Sarafino**, **E.P.** (1994). Health Psychology: Bio-psycho-social Interaction. New York: Wiley.
- 10. **Speiberger, C.D. and Siason, I.g (Eds.) (1996).** Stress and Emotions. Anxiety. Anger and Curiosity, Vol. 16, Washington, D.C.: Taylor and Frances.
- 11. **Tunks, E and Bellismo, A. (1991).** Behavioral Medicine : Concepts and Procedures, Pergamon Press : USA.
- 12. Weinman, J, Johnston, M and Molloy, G. (2006). Health Psychology, Vol. 1 to Vol. 4,

# **Semester-I**

# **PSY. CC-105: PRACTICAL (Experiment)**

Time: 4 Hours Full Marks: 100

Testing -80

Viva - 20

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

## **UNIT – I : Psychophysics**

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

## **UNIT – II : Perception: Perception of time**

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

#### **UNIT – III : Learning:**

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

## **UNIT – IV : Retroactive Inhibition**

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

#### **UNIT – V : Attention**

> Span of attention and distraction of attention.

#### **SUGGESTED READINGS:-**

- 1. Mohsin, SM (1998). Experiments In Psychology. Patna: Motilal Banarasidas.
- 2. **Postman and Egan (1964).** Experimental Psychology. New York: Harper and Bros.
- 3. Woodworth and Scholsberg (1960). Experimental Psychology. New York: Ronal Press.
- 4. **Singh A. K.** (2006). Advanced Psychological Experiments and testing. Patna: Motilal Banarasidas Publication. (In Hindi).
- 5. **Suleman, M. (2013).** Manovigyan Me Prayog aur Pariksan. Patna: Motilal Banarasidas. (In Hindi).
- 6. **M. R. D. Mato** (2006). Experimental Psychology Methodology Psychophysics and Learning TMH Edition 15 Reprint (2006).
- 7. **Stephen F Davis** (2005). Handbook of Research Methods In Experimental Psychology, Edited By Steephen F Davis Blackwell Publishing 35, Main Street Maldon, NA 02148-5020 U.S.A.

# **Semester-II**

## PSY. CC-201: RESEARCH METHODOLOGY

Total Marks-70 Times-3 hours

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

#### **Unit – I: Introduction**

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

## Unit - II: Research Design

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

## **Unit – III: Sampling**

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

## Sampling error.

#### **Unit – IV: Interview and Questionnaire**

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

## **Unit – V: Construction of a Psychological Test**

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

## **SUGGESTED READINGS:-**

- a. Ahuja, R. (2002). Research Methods. Jaipur: Rawat Publication.
- b. **Broota, K.D.** (1992). Experimental Designs in Behavioral Research; New Delhi : Willey Eastern.
- c. **Kerlinger, F.M.** (1973). Foundations of Behavioral Researches. New York: Holt Rinehart and Winston Inc.
- d. **Lindzey, G. and E. Aronson** (1975). The Handbook of Social Psychology, Vol.-II. New Delhi: Amerind Pub. Co. Ltd.
- e. **Mohsin. S.M.** (1985). Research Methods in Behavioral Research. New Delhi: Wiley.Moser, C.A. and G. Kalton (1971) Survey Methods in Social Investigation. New York: Heniman Educational Books.
- f. **Arun Kumar Singh (1997).** Tests, Measures and Research Methods in Behavioural Sciences. Patna: Bharti Bhawan. (In Hindi).
- g. **Suleman, M. (1999).** Method in Psychology, Sociology and Education. Patna: General Book Agency. (In Hindi).
- h. **Arun Kumar Singh(2015).** Research Methods in Psychology, Sociology and Education (Hindi) Motilal Banarsidas.

# **Semester-II**

# **PSY. CC-203: POSITIVE PSYCHOLOGY**

Total Marks-70 Times-3 hours

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

#### **Unit – I: Introduction**

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

## **Unit – II: Positive Emotional States and Process**

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

## **Unit – III : Positive Cognitive States and Process**

- Self Efficacy
- Optimism
- Hope
- Wisdom
- > Flow

## **Unit – IV : Application**

- ➤ Work
- **Education**

- > Ageing
- > Health

## **Unit – V : Meeting Life Challenges**

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

## **SUGGESTED READING:-**

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

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# **Semester-II**

## PSY. CC-204: STATISTICS IN PSYCHOLOGY

Total Marks-70 Times-3 hours

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

#### **Unit – I: Introduction**

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

#### **Unit – II: The Normal Distribution**

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

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

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

#### **Unit – IV : Hypothesis Testing and making inferences**

> Significance of mean difference.

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

## **Unit – V : Non-Parametric Statistics**

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

#### **SUGGESTED READINGS:-**

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

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# Semester – II

# **PSY. CC-205: PRACTICAL (Experiment)**

Time: 4 Hours Full Marks: 100

Testing -80

Viva - 20

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

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

#### **Suggested Readings:**

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

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# **Semester-III**

# **PSY. DSE-301: (A) CLINICAL PSYCHOLOGY**

Total Marks-70 Times-3 hours

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

## **Unit – I : Foundation of Clinical Psychology**

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

## **Unit – II : Clinical Psychologists in Action :**

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

#### Unit – III: Psycho-diagnosis

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

## **Unit – IV : Clinical Assessment**

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

## **Unit – V : Psychotherapies**

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

#### **SUGGESTED READINGS:-**

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

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# **Semester-III**

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

Total Marks-70 Times-3 hours

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

## **Unit – I : Stress**

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

#### **Unit – II : Causes of Occupational Stress**

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

#### **Unit – III : Effects of occupational stress**

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

## **Unit – IV : Individual-Centered Stress Management Techniques**

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

## **Unit – V : Organization-Centered Stress management Interventions**

➤ Preventing, mitigating and moderating stress at organizational level.

## **SUGGESTED READINGS:-**

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

# **Semester-III**

# **PSY. DSE-302: PRACTICAL (Testing)**

Time: 4 Hours Full Marks: 100

Testing -80

Viva - 20

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

## Personality Tests

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

## **➤ Intelligence Tests**

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

#### **SUGGESTED READINGS:-**

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

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# **Semester-III**

## **PSY. PR - 301 PROJECTS**

Total Marks-100

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

# **Semester-IV**

# PSY. DSE-401: (A) PSYCHOPATHOLOGY

Total Marks-70 Times-3 hours

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

## **Unit – I : Classification System in Psychopathology**

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

## Unit – II: Anxiety Disorder meaning

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

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

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

## **Unit – IV : Schizophrenia and other Psychotic disorders**

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

## **Unit – V: Eating and Sleeping Disorder**

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

#### **SUGGESTED READINGS:-**

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

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## Semester-IV

# **PSY. DSE-401: (B) COUNSELLING PSYCHOLOGY**

Total Marks-70 Times-3 hours

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

#### **Unit – I : Counseling**

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

## **Unit – II: Techniques of Counselling**

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

## **Unit – III : Counseling Application**

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

#### **Unit – IV: Ethical Dimension of Counseling**

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

## **Unit – V: Indian Approach to Counseling**

- Yoga.
- Mediation in Counseling.

#### **SUGGESTED READING:-**

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

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# **Semester-IV**

# **PSY. DSE-402: PRACTICAL (Testing)**

Time: 4 Hours Full Marks: 100

Testing -80

*Viva - 20* 

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

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

#### **SUGGESTED READINGS:-**

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

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# **Semester-IV**

# PSY PR-401. PROJECTS

## Total Marks-100

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

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