

B.A. III

COMPULSORY PAPERS:

Paper 1: EXPERIMENTAL METHODOLOGY & STATISTICS (Compulsory)

UNIT I

- **Problems and Hypothesis:** Nature, types, sources
- **Variables:** Nature, Types and their control.
- **Experimental Design:** Meaning, Purpose and types.

UNIT II

- **Statistics:** Meaning, Types and scope.
- **Frequency Distribution and Graphic Representation:** Frequency Polygon, Histogram, Ogive.
- **Measures of Central Tendency:** Mean, Median, Mode: Meaning, Computation and Application.

UNIT III

- **Measures of Variability:** Range, Quartile Deviation, A.D., Standard Deviation: Meaning, Computation and Application.
- **Correlation:** Meaning and Computation: Spearman's Rank Order and Pearson's Product Moment Method.

UNIT IV

- **NPC:** Meaning and application.
- **Hypothesis Testing:** T-test and C.R. : Meaning and Computation.
- **Non-parametric Statistics:** Chi-square: Meaning and application.

BOOKS RECOMMENDED:

- Broota, K.D. (1992). Experimental Design in Behavioural Research, New Delhi: Wiley Eastern.
- Garret, H. (Eds) (1969). Statistics in Psychology and Education, Bombay: Vakils, Feffer and Simons Ltd.
- Taresh Bhatia (2004). Modern Psychological Statistics, Orai: Lavanya Prakashan.
- Singh, A.K. (2000). Test, Measurement and Research Methods, Patna: Bharti Bhawan.
- Singh, R.N. (2000). Uchch Prayogik Manovigyan, Agra: Agrawal Publications.

Paper 2: COUNSELLING AND GUIDANCE (Compulsory)

UNIT I

- **Introduction:** Nature and goals of Counselling, Distinction between Guidance and Counselling.
- **Perspectives of Counselling:** Psychoanalytic, Behavioural, Cognitive and humanistic.
- **Types of Counselling:** (a) Directive, Non-directive and eclectic, (b) Individual and group counselling.

UNIT II

- **Counselling Process:** Principles of Counselling.
- **Counselling Skills:** Rapport, Empathy and Communication.
- **Phases of Counselling:** Initial, Middle, Terminal and Follow-up.


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- **Special Areas of Counselling:** Career Counselling, Marital Counselling, Personal Counselling and Counselling of alcoholics and drug addicts.

UNIT III

- **Introduction to Guidance:** Need for Guidance, Nature, Goals and Functions of Guidance.
- **Areas of Guidance:** Educational, Vocational and Personal.

UNIT IV

- **Testing Techniques in Guidance:**
 - Intelligence,
 - Personality,
 - Aptitude,
 - Interests,
 - Achievement Test.

BOOKS RECOMMENDED:

- Gelso, C.J. and Pretz, B.R. (1995). Counselling Psychology, Bangalore: Prism Books Pvt. Ltd.
- Gibson, R.L. and Mitchell, M.H. (2005). Introduction to Counselling and Guidance (6th Edition): Pearson Education.
- Patri, V.R. (2008). Counselling Psychology, New Delhi: Authors Press.
- Rao, S.N. (1991). Counselling and Guidance (28th Reprint 2008), New Delhi: Tata McGraw Hill.
- Rai, A. N. and Asthana, M. (2005). Guidance and Counselling (Concepts, Areas and Approaches), New Delhi: Motilal Banarsidas.
- Woolfe, R., Dryden, W. And Strawbridge, S. (2003). Handbook of Counselling Psychology (2nd Edition), London: Sage Publication Ltd.

OPTIONAL PAPERS (Any one of the following):

Paper 3 (a): ORGANISATIONAL BEHAVIOUR

UNIT I

- **Introduction:** Nature and Scope, Contribution of Taylor, F.W. and Elton Mayo. New Challenges and opportunities.
- **Selection and Placement:** Basic Selection Models, Measurement of Individual Differences. Techniques of Selection: Interview and Psychological Testing.

UNIT II

- **Personnel Training and Development:** Training, Methods of Training: On-the-job and Off-the-job. Techniques of Management Development. Evaluation of Training Programmes.
- **Motivation:** Major Theories: Maslow, Adams and Vroom. Financial and non-financial incentives. Job characteristics; Two Models: Job Enrichment, Quality of Work Life.

UNIT III

- **Job Satisfaction and Industrial Morale:** Nature, determinants and theories (Hezberg, Vroom)
- **Performance Appraisal:** Appraisal Process, Methods of Performance Appraisal and Factors distorting performance appraisal.
- **Organisational Stress:** Nature, sources, role stress and its effect on job behaviour.


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UNIT IV

- **Human Engineering:** Man-machine System. Designs, display, controls and action.
- **Accident and Safety:** Risk taking Behaviour. Accident Proneness. Causes of Accidents: Physical and Human Factors. Safety Measures in Industries.

BOOKS RECOMMENDED:

- Blum, M.L. and Naylor J.C. (1968). Industrial Psychology: Its Theoretical and Social Foundation.
- Luthans, F. (2005). Organisational Behaviour (10th Edition), New York: Tata McGraw Hill.
- Wexley, K.N. and Yulk, G.A. (1987). Organisational Behaviour and Personnel Psychology.
- Singh, R.N. (2010). Organisational Psychology, Agra: Agrawal Publications.

Paper 3 (b): HEALTH PSYCHOLOGY

UNIT I

- **Introduction:** Nature, Scope and a brief history of Health Psychology. The role of Health Psychologists.
- **Systems of Body:** Nervous System, Endocrine System, Cardio Vascular System, Respiratory System, Renal System, Digestive System, Genitals and Immunity System.
- **Models of Health:** Bio-psycho-social and Cultural Models: Health Belief Models

UNIT II

- **Health Behaviour and Primary Prevention:** Determinants of Health Behaviour. Health Enhancement: Modification of Health Behaviour, Changing Health through beliefs and attitudes, Social Engineering, Habit Modifications, Exercise, Physical Examination, Weight Control and Diet Control.
- **Pain and Management:** Measurement of Pain, Clinical Management and Pain Control Techniques.

UNIT III

- **Cardio Vascular Disease, Diabetes, Paralysis, Brain Strokes and Hypertension:** Symptoms, Causes and Remedies. Type A behaviour in reference to diseases.
- **Stress and Health:** Nature and types of Stress, causes and consequences of stress. Stress Management, measurement of stress. Role of social support.

UNIT IV

- **Management of Chronic and Terminal Illness:** Management of chronic and terminal illness, coping, rehabilitation of chronically ill, psychological interventions.
- **Health issues** related to children, adolescents, women and elderly.
- **Future challenges** to health Psychologists.

BOOKS RECOMMENDED:

- Bennett, P. Weinman J. and Spurgeon, P. (Eds.) (1990). Current Development in Health Psychology, U.K.: Hand Academic Publishers.
- Firedman-DiMateo (1989). Health Psychology, New York: Prentice Hall.
- Marks, D.F. Murray, M. Evans, B. And Willing, C. (2000). Health Psychology: Theory, Research and Application, New Delhi: Concept.
- Mathur, S.S.: Health Psychology, Agra: Vinod Pustak Mandir.

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Paper 3 (c): ENVIRONMENTAL PSYCHOLOGY

UNIT I

- **Environmental Psychology:** Nature and Characteristics; Classification of Environment, Indian Perspective on human-environment relationship.
- **Theories of Environment** – Behaviour Relationship: Arousal, Environmental Load, Adaption Level and Ecological Approach.
- **Research Methods in Environmental Psychology:** Experimental, Simulation, Co-relational and Descriptive; Methods of data collection: Self-report naturalistic observation, field survey, interview and questionnaire.

UNIT II

- **Ecology and Development:** Human Nature and Environmental Problems; Pro-social and Pro-environmental behaviours, ecosystems and their components: Ecology, Demography, Mortality and Fertility. Resource Use: Common Property resources, sustainable developments, acculturation and psychological adaption.
- **Environmental Stress:** Nature and Characteristics. Types of Stress: Natural disasters, Technological Catastrophe, Noise and Air-pollution.

UNIT III

- **Environmental Perception, Cognition and Attitudes:** Nature and characteristics of environmental perception: social and cultural influences. Environmental cognition and cognitive mapping. Acquisition of environmental attitudes.
- **Effect of Environment on Behaviour:** Personal Space and Territoriality. Nature functions and determinants of personal space, consequences of personal space invasion territoriality functions any types.

UNIT IV

- **Crowding:** Nature and Characteristics, Features, Effects of Crowding on animals and human beings.
- **Environmental Psychology and Saving the Environment:** Environmental education prompts and reinforcement techniques in Indian context.

BOOKS RECOMMENDED:

- Bell, P.A. Greene, T.C. Fisher, J.D. and Baum A. (2001). Environmental Psychology (Vth Edition), USA; Wadsworth Group / Thomson Learning, 10 Davis Drive Belmont CA.
- Goldsmith, E. (1991). The Way; The Ecological World – View. Bostone; shambala Ittcison
- W.H. Proshansky, H.M., Rilvin, E.G. Winkel, G.H. and Dempsey, D. (1974). An Introduction to Environmental Psychology, New York: Holt Rinehart and Winston.
- Jain, U. (1987). The Psychological Consequences of Crowding, New Delhi: Sage.
- Stokols, D. And Atmann, I. (Eds.) (1987). Handbook of Environmental Psychology, New York: Wiley.
- Tewari, P.S.N. (2000). Paryavaran Manovigyan, New Delhi: Motilal Banarsidas.


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Paper 4: There shall be two parts:

PART I: PRACTICALS – Any four of the following.

- Interest Test
- Aptitude Test
- Environment Awareness Scale
- Job Satisfaction
- Quality of work life Scale
- Self Perception/Self Concept
- Health Questionnaire

PART II: Field Study or Tour Report – to be submitted by the student based on their visits to a place related to the papers opted.


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