

प्रेषक,

डा० बी० एन० तिवारी, संयोजक
अध्ययन परिषद, मनोविज्ञान
वीर बहादुर सिंह पूर्वांचल वि विद्यालय,
जौनपुर।

सेवा में,

कुलसचिव (पैक्षिक)
वीर बहादुर सिंह पूर्वांचल वि विद्यालय,
जौनपुर।

विशय-अध्ययन परिषद मनोविज्ञान(VBSPU, Jaunpur) की बैठक में लिये गये निर्णय के सम्बन्ध में।

महोदय,

आपको अवगत कराना है कि पाठ्यक्रम एवं अन्य विषयों पर विचार करने हेतु दिनांक 06.09.2013 को अध्ययन परिषद की बैठक हुई, जिसमें सर्वसम्मत से पाठ्यक्रम के सम्बन्ध में यह निर्णय लिया गया कि सत्र 2013-2014 के लिए बी० ए०/बी०एस-सी० मनोविज्ञान तृतीय वर्ष में राज्य स्तरीय पाठ्यक्रम का प्रथम, द्वितीय एवं तृतीय प्र नपत्र यथावत् लागू होगा। प्र न पत्र 04 को संशोधित किया गया, जिसमें क्षेत्र अध्ययन के स्थान पर प्रयोग/परीक्षण को शामिल किया गया। बी० ए०/बी०एस-सी० मनोविज्ञान-भाग तीन के लिए सत्र-2013-14 हेतु निम्नलिखित पाठ्यक्रम की संस्तुति की गयी-

पेपर 1-राज्यस्तरीय पाठ्यक्रम यथावत्।

पेपर 2-राज्यस्तरीय पाठ्यक्रम यथावत्।

पेपर 3-राज्यस्तरीय पाठ्यक्रम यथावत्।

पेपर 4-क्षेत्र अध्ययन के स्थान पर प्रायोगिक/परीक्षण को शामिल किया गया जिसका विवरण निम्नलिखित है।

➤ **बी० ए०/बी० एस-सी०, मनोविज्ञान, भाग-तीन के चारों प्र नपत्र, जिन्हें सत्र 2013-2014 से लागू करने का निर्णय लिया गया है, के पाठ्यक्रमों का विवरण इस प्रकार है:-**

B.A./B.Sc.-3

Psychology

Paper-I

MEASUREMENT AND STATISTICS

M.M. : 70

Duration:-3.00 hours

Note: Calculator and statistical table allowed.

Unit I

- **Scaling techniques and Measurement:** Scaling techniques: Paired comparison, rating and ranking.
- **Levels of Measurement:** Nominal, interval, ordinal and ratio scales.
- **Tests:** Meaning and characteristics. Types of tests.

Unit II

- **Test Construction:** Test-construction and standardization of test; Norms-types. Item analysis. Concept and measurement of reliability and validity.
- **Errors in Measurement:** Examiner's variables, Testee's variables, Situational variables in psychological measurement.

Unit III

- **Research Design:** Meaning, characteristics and purpose of research design.
- **Types of Design:** Between Group and within Group design, Factorial design, Ex-Post facto design.
- **Normal Distribution:** Concept of probability. Laws of probability. Characteristics of NPC. Deviation from NPC; Skewness and kurtosis. Applications of NPC.

Unit IV

- **Hypothesis Testing and Making Inferences:** Population and sample: Random sampling; Sampling distribution, Standard errors of mean, S.D. and r , df ; nature and assumptions of t -distribution; computation of t values for independent and dependent samples; interpretation of t values-level of significance; type-I and type-II errors in inference making.
- **ANOVA:** Purpose and assumptions of ANOVA. One way ANOVA.
- **Non-Parametric Statistics:** Nature and assumptions, Chi-square, Median and sign test

BOOKS RECOMMENDED

- Anastasi, A.S. Urbina. S (1999). Psychological Testing, (7th International Ed.). MacMillan Co.
- Broota, K.D. (1992). Experimental Design in Behavioural Research. New Delhi: Wiley Eastern.
- Garrett, H. (Eds) (1969). Statistics in Psychology and Education. Bombay: Vakils, Feffer and Simons Ltd.
- Kapil, H.K. (1980). Sankhyaki ke Mool Tatva Agra: Vinod Pustak Mandir.
- Kaplan, R. N. & Saccuzzo, D. P. (2001). Psychological Testing, Principles, Applications and Issues (5th Ed.) USA: Wadsworth Thomson learning.
- Minium, E.W. King. B.M. & Bear. G. (1993). Statistical Reasoning in Psychological and Education. New York: John Wiley.
- Siegel, S. (1994). Non Parametric Statistics. McGraw Hill.
- Singh, A.K. (2000) Test, Measurement and Research Methods. Patna: Bharti Bhawan.
- Srivastava Ram Jee, Manovaigyanic Evam Shaikshik Mapan, New Delhi: Motilal Banarsidas.
- सिंह,आर० एन० एवं अन्य (2013)—सांख्यिकी एवं मंथन. अग्रवाल प्रकाशन, आगरा।

B.A./B.Sc.-3
Psychology
Paper-II
COUNSELLING AND GUIDANCE

M.M. : 65

Duration:-3.00 hours

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.
- **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 tests

BOOKS RECOMMENDED

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

B.A./B.Sc.-3
Psychology
Paper-III
(Anyone or the following)
Optional-A
ORGANIZATIONAL BEHAVIOUR

M.M. : 65

Duration:-3.00 hours

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 (Herzberg, Vroom).
- **Performance Appraisal:** Appraisal process, methods of performance appraisal and factors distorting performance appraisal.
- **Organizational Stress:** Nature, sources, role stress and its effect on job behaviour.

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 Foundations.
- Luthans, F (2005). Organizational Behaviour (10th Ed.). New York: TataMcGraw Hill.
- Memoria, C. B. Personnel Management.
- Rastogi, G. D. (1992). Vyavaharik Manovigyan. Agra: Har Prasad Bhargava.
- Robbins, S. J. & Sanghi, S. (2009). Organizational Behaviour.
- Singh, A. P. (1995). Vyavaharik Manovigyan. Varanasi: Abhishek Publications.
- Wexley, K. N. & Yulk, G.A. (1987). Organizational Behaviour and Personnel Psychology.
- सिंह, आर० एन० (2013)—संगठनात्मक व्यवहार. दिल्ली प्रकाशनालय।

Optional-B

HEALTH PSYCHOLOGY

M.M. : 65

Duration:-3.00 hours

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 Preventions:** 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 & Spurgeon, P (Eds.) (1990). Current Development in Health Psychology. U. K.: Hand Academic Publishers.
- Friedman-DiMateo. (1989). Health psychology. New York: Prentice Hall.
- Marks, D. F. Murray, M. Evans, B. & Willing, C. (2000). Health Psychology: Theoretical, Research and Application, New Delhi: Concept.
- Mathur, S. S.: Health Psychology. Agra: Vinod Pustak Mandir.

Optional-C

ENVIRONMENTAL PSYCHOLOGY

M.M. : 65

Duration:-3.00 hours

Unit I

- **Environmental Psychology:** Nature and characteristics; classification of environment. Indian perspective on human- environment relationship.

- **Theories Of Environment - Behavior Relationship:** Arousal, Environmental load, Adaptation 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 adaptation.
- **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 Behavior:** 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. & 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. & 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). Paryavaraniya Manovigyan. New Delhi: Moti Lal Banarsi Das.

**B.A./B.Sc.-3
Psychology
Paper-IV
PRACTICAL**

M.M. : 100

Note : In all six practicals are to be performed, selecting Two from each paper (Two compulsory and one optional paper)

Compulsory Papers

1. Measurement and Statistics

- Determining reliability.
- Preparing interval Scale
- Determining Validity
- Correlational Study.

2. Counselling and Guidance

- Vocational Preference
- Marital Adjustment
- Achievement Test
- Big Five Scale

Optional Papers

A. Organizational Psychology

- Job Involvement
- Organizational Commitment
- Employee Motivation
- Quality of work life.

B. Health Psychology

- Type A behavior
- Coping strategies

- Measurement of Stress

- Health problem check list

C. Environmental Psychology

- Environment of Awareness
- Measurement of environmental pollution
- Noise adaptation
- Environment and Health