

## SEMESTER-V

PSY-H-C-511-T	UNDERSTANDING PSYCHOLOGICAL DISORDER	(04 Credits, 60 Lectures)
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*Instruction to Question Setter for End Semester Theory Examination (ESE): There will be two groups of questions. Five Questions to be answered out of Nine Questions. Group A is compulsory and will contain two questions. Question No.1 (A) will be MCQ of 1 mark each (six questions). Question No.1 (B) will be short answer type to be answered in about 50 words of 3 marks (2 Questions). Group B will contain descriptive type eight questions of twelve marks each, out of which any four are to answer. Each question carries 12 marks.*

### **Unit 1: Understanding abnormality:**

Definition and Criteria of abnormality; Classification (Latest edition of DSM & ICD);

### **Unit 2: Clinical States:**

Clinical Picture and Dynamics of Anxiety disorders- Phobia, Obsessive Compulsive Disorder, Generalized Anxiety Disorder; Clinical Picture and Dynamics of Conversion Disorder; Clinical Picture and Dynamics of Dissociative Identity Disorder

### **Unit 3: Developmental Disorders:**

Clinical picture and Dynamics of - Mental Retardation, Autism

### **Unit 4: Substance-related disorder and eating disorders:**

Substance-related disorder- Alcohol abuse and Drug abuse (Clinical picture and causes)

## **BOOK RECOMMENDED**

1. Ahuja N. (2011). A short Textbook of psychiatry (7<sup>th</sup> Ed.) New Delhi: Jaypee.
2. Barlow D.H. and Durand V.M. (2005). Abnormal Psychology: An Integrated Approach (4<sup>th</sup> Ed.) Wassworth: New York.
3. Carson R.C., Butcher J.N., Mineka, A., and Hooley J.M (2007). Abnormal Psychology (13<sup>th</sup> Ed.). ND: Pearson Education.
4. Kring, A. M., Johnson, S. L., Davison G.C. and Neale J.M. (2010). Abnormal Psychology (11<sup>th</sup> Ed. ). NY: John Wiley.

PSY-H-C-512-T	ORGANIZATIONAL PSYCHOLOGY	(04 Credits, 60 Lectures)
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**Instruction to Question Setter for End Semester Theory Examination (ESE):** There will be two groups of questions. Five Questions to be answered out of Nine Questions. Group A is compulsory and will contain two questions. Question No.1 (A) will be MCQ of 1 mark each (six questions). Question No.1 (B) will be short answer type to be answered in about 50 words of 3 marks (2 Questions). Group B will contain descriptive type eight questions of twelve marks each, out of which any four are to answer. Each question carries 12 marks.

**Unit 1: Introduction and issues in Organizational Psychology:**

Brief History of Organizational Psychology; Current status of Organizational Psychology.

**Unit 2: Work related attitudes and Work motivation:**

Job satisfaction - Determinants of job satisfaction; Organizational commitment; Job involvement;

Work motivation: Early theories- Maslow, Mc Clelland and Two factor; Contemporary theories

**Unit 3: Dynamics of Organizational Behavior:**

Organizational culture; Power and politics- Influence, Empowerment and Organizational politics; Positive Organizational behavior

**Unit 4: Leadership:**

Basic approaches: Trait theories, Behavioural theories, Contingency theories  
Challenges to the leadership role in Indian perspectives

**BOOK RECOMMENDED**

1. Arndt, M.G. (2001). Industrial Organizational Psychology. Indiana: Cengage Learning.
2. Greenberg, J. and Baron, R.A. (2007). Behaviour in Organizations (9<sup>th</sup> Ed.). Indiana: Dorling Kindersley.
3. Luthans, F. (2009). Organizational Behaviour. New Delhi: McGraw Hill.
4. Muchinsky, P. (2006). Psychology Applied to Work: An Introduction to Industrial and Organizational Psychology. NC: Hypergraphic Press.
5. Pareek, U. (2010). Understanding Organizational Behaviour. Oxford: Oxford University Press.
6. Prakash, A. (2011). Organizational Behaviour in India: An indigenous perspective. In G.

Misra (Ed.), Handbook of Psychology. New Delhi: Oxford University Press.

7. Singh, K. (2010). Organizational behaviour: Texts and Cases. Indiana: Dorling Kindersley.

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<b>PSY-H-C-511-P &amp; 512-P</b>	<b>PRACTICAL</b>	<b>(02+02=04 Credits, 60x2 Lectures)</b>
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**Instruction to Question Setter for End Semester Practical Examination (ESE):** The questions in practical examination will be of equal to 40 marks and will be of 3 hours duration. Distribution of marks in practical paper of an end-semester examination will be of 60% in performance of experiment, 20% in record/note book and 20% in viva-voce.

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

**Testing:**

1. State Trait Anxiety Test (STAT)
2. Sack's Sentence Completion Test
3. Job Satisfaction Scale by Sk. Srivastava
4. The Occupational Stress Index (OSI) by A. K. Srivastava and O.P. Singh

**BOOK RECOMENDED**

1. Anastasi (1998) Psychological Testing. New York, Mc.Millian
2. Singh A. K. (2006). Advanced Psychological Experiments and Testing. Patna: Motilal Banarsidas Publication. (In Hindi).
3. Suleman, M . (1996). Manovigyan Me Prayog aum Parikshan. Patna: Motilal Banarisidas. (In Hindi).

<p>PSY-H-DSE-501A-T/  PSY-H-DSE-501B-T/  PSY-H-DSE-501C-T  (Choice to choose any one paper)</p>	<p>COMMUNITY PSYCHOLOGY  EDUCATIONAL PSYCHOLOGY  SPORTS PSYCHOLOGY</p>	<p>(04 Credits, 60 Lectures)</p>
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**Instruction to Question Setter for End Semester Theory Examination (ESE):** There will be two groups of questions. Five Questions to be answered out of Nine Questions. Group A is compulsory and will contain two questions. Question No.1 (A) will be MCQ of 1 mark each (six questions). Question No.1 (B) will be short answer type to be answered in about 50 words of 3 marks (2 Questions). Group B will contain descriptive type eight questions of twelve marks each, out of which any four are to answer. Each question carries 12 marks.

### COMMUNITY PSYCHOLOGY

**Unit 1: Introduction:**

Definition of Community Psychology; Historical contexts of Community Psychology, evolution and nature of community mental health.

Mental health services: mental, social, organizational and ecological.

**Unit 2: Core values:**

Individual and family wellness; respect for human diversity; social justice.

**Unit 3: Health promotion:**

Process of community organization for health promotion; Community mental health program for child and maternal health, physically challenged and old age in the Indian context

**Unit 4: Intervention:**

Community mental health intervention and community based rehabilitation; Training of the Para - professional and non-professionals.

### BOOK RECOMMENDED

1. Bloom, B. (1973). Community Mental Health – A critical analysis. New Jersey. General Learning Press.
2. Koch, C.H (1986) (ed.). Community Clinical Psychology. London: Croom Helm.

3. Mann, P.A. (1978). Community Psychology: Concepts and Application. New York: The Free Press.
4. Rappaport, J. (1977). Community psychology: Values Research and Action. New York: Holt, Reinehart and Wingston.
5. Singh, A.K. (2012). Adhunik Asamnya Manovigyan (Motilal Banarsi Das).
6. Singh, A.K. (2012). Uchtar Naidanik Manovigyan (Motilal Banarsi Das).

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## EDUCATIONAL PSYCHOLOGY

### **Unit 1: Educational Psychology:**

Definition and Scope of educational psychology; Contribution of psychology in education

### **Unit 2: Human Development:**

Concept, principles and sequential stages of development; Factors influencing development and their relative roles;

### **Unit 3: Learning:**

Concept, Types of learning.  
Various viewpoints of learning

### **Unit 4: Individual difference:**

Concept of individual difference; Creativity - nature, process, identification, fostering and guiding, creative children; Adjustment of teaching- learning process to suit individual difference.

## BOOK RECOMMENDED

1. Kakar (2015). Educational Psychology. New Delhi: Prentice Hall,
2. Skinner (2010). Educational Psychology. New York: Academic.
3. Singh, A.K. (2015). Shiksha Manovigyan. Patna: Motilal Banarsidas.
4. Suleman, Md. (2015) Ucchtar Shiksha Manovigyan. Patna: Motilal Banarsidas.

## SPORTS PSYCHOLOGY

### Unit I: Introduction:

Nature; Historical and Recent perspective in on Sports Psychology; The role of sports psychologists

### Unit II: Role of stress:

The role of stress, arousal, anxiety and attention in the performance of individual and team

#### Relaxation Technique:

yoga, meditation etc.

### Unit II: Role of Motivation and Training:

Motivation, skills and performance; Team moral; Team sprits; Teaching/ Coaching techniques; Cognitive and behavioural interventions

### Unit IV: Cognitive Analysis:

Cognitive and social psychological dimensions of individual and team sports

#### Behaviour Analysis:

Enhancing individual's involvement- Behavioural counseling

## BOOKS RECOMMENDED

1. Arnold, D.L.U. & Naton, J.R. (1989). Sports psychology. Chicago: Nalson-Hall.
2. Cratty, B.J. (1989). Psychology in contemporary sports. N.J.: Prentice Hall.
3. Horn, T.S. (Ed) (1992). Advances in sports psychology. Canada: Herman Kinetics.
4. Mohan, J. (1996). Recent advances in sports psychology. New Delhi: Friends.
5. Murphy, E. (1995). Advances in sports psychology. Illinois: Human Kinetics.
6. Sandhu, G.S. (1992). Psychology in sports: A contemporary perspective. New Delhi: Friends.
7. Swaminathan, V.D. & Kallappam, K.V. (1997). Psychology for affective living – behavior modification, guidance, counseling and yoga. Chennai: madras Psychology Society.

<p>PSY-H-DSE-502A-T/ PSY-H-DSE-502B-T/ PSY-H-DSE-502C-T  (Choice to choose any one paper)</p>	<p>POSITIVE PSYCHOLOGY  PSYCHOLOGY AND SOCIAL ISSUES  PSYCHOLOGICAL ASSESSMENT</p>	<p>(04 Credits, 60 Lectures)</p>
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*Instruction to Question Setter for End Semester Theory Examination (ESE): There will be two groups of questions. Five Questions to be answered out of Nine Questions. Group A is compulsory and will contain two questions. Question No.1 (A) will be MCQ of 1 mark each (six questions). Question No.1 (B) will be short answer type to be answered in about 50 words of 3 marks (2 Questions). Group B will contain descriptive type eight questions of twelve marks each, out of which any four are to answer. Each question carries 12 marks.*

## POSITIVE PSYCHOLOGY

### Unit 1: Introduction:

Meaning and concept of Positive Psychology; Perspective on Positive Psychology- Western and Eastern

### Unit 2: Positive emotional states and Process:

Happiness and Wellbeing, Positive affect and Positive emotions, Emotional intelligence

### Unit 3: Positive cognitive states and Process:

Self- efficacy, Optimism, Hope, Wisdom, Flow, Mindfulness

### Unit 4: Applications:

Work, Education, Ageing, Health

## BOOK RECOMMENDED

1. Carr, A. (2008) Positive Psychology: The science of happiness and human strengths. New Delhi: Routledge.
2. Huppert, F.A.; Baylis, N. & Keverne, B. (2005). The science of wellbeing. Oxford: Oxford University press.
4. Lyubomirsky, S. (2007). The show of happiness: A scientific approach to getting the life you want. New York: Penguin.

5. Peterson, C. (2006). A primer in positive psychology. New York: Oxford university press.
6. Seligman, M.E.P. (2002). Authentic happiness. New York: Free Press.

## **PSYCHOLOGY AND SOCIAL ISSUES**

### **Unit 1: Nature of Social issues:**

Social Psychology and social issues; Basic vs. Applied science; Increasing role of Social Psychology in social problems

### **Unit 2: Social Psychological Understanding of Social System:**

Indian family system; Social stratification; Caste; Class; Power.

### **Unit 3: Social issue and Anti-Social Behaviour:**

Child labour; Child abuse; Poverty (causes and remedies)  
Corruption; Bribery

### **Unit 4: Impact of Information Technology and Communication Technology on social behavior**

## **BOOK RECOMMENDED**

1. Singh, AK. (2013). Samaj Manovigyan ki Ruprekha. Patna: Motilal Banarsidas.
2. Suleman, Md(2012). Manovigyan aur Samajik Samasyaye. Patna: Motilal Banarsidas.
3. Prasad, Navratan(2009). Samajik Samasyaye. Patna: Motilal Banarsidas.
4. Baron , R and Byrne(2010). Social Psychology. New Delhi: Pearson Education.
5. K, Renu(2010). Apradhsashtra aur Samajik Samasyaye. New Delhi: Atlantic Publication.
6. Pandey, G(2010). Samaj Manovigyan. New Delhi: Atlantic Publication.
7. Bandura, A(1990). Aggression : A social learning analysis. New Jersey: Prentice Hall
8. Gelles and Cornell(2005). Intimate violence in families. Beverly Hills, Sage Publication.
9. Saxena, NS(2010). Terrorism: History and facets in the world and India. New Delhi: Abhinav Publication.
10. Ahuja, Ram (2010). Sociological Criminology. New Delhi: New Age International Publisher.
1. Fitzgerald, Mike(2005). Crime and Society, New York Hammond Worth.
2. Becker, Howard(2004). Social problem: A modern approach. New York: John Willey.



## PSYCHOLOGICAL ASSESSMENT

### Unit 1: Nature of Psychological Test:

Nature and definition; Historical perspective; Types of Test; Administering;  
Types of scoring

### Unit 2: Tests for Intelligence and Cognition:

Individual and Group test; Verbal and non-verbal tests; Intelligence tests;

### Unit 3: Personality Assessment:

Historical development; Materials, administration and scoring; Interpretation,  
evaluation of frequently used Personality inventories/ questionnaires and,  
Projective techniques such as Inkblot tests RT, TAT.

### Unit 4: Personal Orientations Test and Rating Scales:

Type A/ B behaviour; Locus of control; Attitude scales.

### BOOK RECOMMENDED

1. Anastasi, A. (1987). Psychological Testing. New York: Macmillan Co.
  2. Ciminero, A.R. (Eds.) (1986). Handbook of Behavioural Assessment. New York: John Willey.
  3. Suleiman, M (1999). Manovigyan Prayog aur Parikshan. Patna: Motilal Banarsidas.
  4. Singh, A.K. (2011). Uchhtar Manovigyanik Prayog aur Parikshan. Patna: Bharti Bhawan
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PSY-H-DSE- 501A/B/C-P & 502A/B/C-P	PRACTICAL	(02+02=04 Credits, 60x2 Lectures)
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*Instruction to Question Setter for End Semester Practical Examination (ESE): The questions in practical examination will be of equal to 40 marks and will be of 3 hours duration. Distribution of marks in practical paper of an end-semester examination will be of 60% in performance of experiment, 20% in record/note book and 20% in viva-voce.*

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

**Testing:**

1. Academic Anxiety Scale (Hindi) by Pal, Mishra and Panday
2. Peer Pressure Scale (Hindi/ Eng.) by Kusum Tyagi and Nidhi Gupta
3. PGI General Well-being Measure (PGIGWBM) (Hindi/ Eng.) by S.K. Verma and Anita Verma
4. Youth Problem Inventory (YPI) (Hindi) by Mithilesh Verma

**BOOK RECOMENDED**

1. Anastasi (1998) Psychological Testing. New York, Mc.Millan
2. Singh A. K. (2006). Advanced Psychological Experiments and Testing. Patna: Motilal Banarsidas Publication. (In Hindi).
3. Suleman, M . (1996). Manovigyan Me Prayog aum Parikshan. Patna: Motilal Banarisidas. (In Hindi).

Format of question Papers of End-Semester Theory Examination

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Binod Bihari Mahto Koyalanchal University, Dhanbad

End-Semester Examination xxxx (Session: xxxx-xx)

Subject/Code:

Full Marks: 80

Pass

Marks:

32

Time:3Hours

**General Instructions:**

Candidates are required to give their answers in their own words as far as practicable.

The Questions are of equal value.

Answer any five questions of the following in which Q.1 is compulsory.

**Group A**

1. (A) Multiple Choice Questions

(1x8=08)

- (i) .....
- (ii) .....
- (iii) .....
- (iv) .....
- (v) .....
- (vi) .....
- (vii) .....
- (viii) .....

(B) Short answer type questions

(4x2=08)

- (a) .....
- (b) .....

**Group B**

(Long answer type questions)

Answer any four of the following.

(16x4=64)

- 2. ....
- 3. ....
- 4. ....
- 5. ....
- 6. ....
- 7. ....
- 8. ....

9. Short notes type questions (8x2=16)

- (a) .....
- (b) .....
- (c) .....
- (d) .....



**Binod Bihari Mahto Koyalanchal University, Dhanbad**  
End-Semester Examination xxxx (Session: xxxx-xx)

Subject/Code:

Full Marks: 60  
3Hours

Pass Marks: 24

Time:

**General Instructions:**

Candidates are required to give their answers in their own words as far as practicable.

The Questions are of equal value.

Answer any five questions of the following in which Q.1 is compulsory.

**Group A**

**1. (A) Multiple Choice Questions**

(1x6=06)

- (i) .....
- (ii) .....
- (iii) .....
- (iv) .....
- (v) .....
- (vi) .....

(B)

(3x2=06)

- (a) .....
- (b) .....

Short answer type questions

**Group B**

(Long answer type questions)

Answer any four of the following.

(12x4=48)

- 2. ....
- 3. ....
- 4. ....
- 5. ....
- 6. ....
- 7. ....
- 8. ....
- 9. ....

Short notes type questions (6x2=12)

- (a) .....
- (b) .....
- (c) .....
- (d) .....

- (e) .....
- (f) .....



**Binod Bihari Mahto Koyalanchal University, Dhanbad**

End-Semester Examination xxxx (Session: xxxx-xx)

Subject/Code:

Full Marks: 40  
2Hours

Pass Marks: 16

Time:

**General Instructions:**

Candidates are required to give their answers in their own words as far as practicable.

The Questions are of equal value.

Answer any five questions of the following in which Q.1 is compulsory.

**Group A**

1. (A) Multiple Choice Questions  
(1x4=04)

- (i) .....
- (ii) .....
- (iii) .....
- (iv) .....

(B)  
(2x2=04)

Short answer type questions

- (a) .....
- (b) .....

**Group B**

(Long answer type questions)

Answer any four of the following.

(8x4=32)

- 2. ....
- 3. ....
- 4. ....
- 5. ....
- 6. ....
- 7. ....
- 8. ....

9. Short notes type questions (4x2=8)

- (a) .....
- (b) .....
- (c) .....
- (d) .....